

HOUSEHOLD COOKERY
RECIPES

M. A. ROTHERAM

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HOUSEHOLD COOKERY RECIPES

by

M. A. Rotheran.

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SOUPS AND STOCKS.

Stock is the foundation of most soups. It requires special care in preparing to produce a good soup. Long and slow cooking are the chief essentials to extract the nutriment and gelatine from the meat and bones used. Stocks should not be too highly flavoured with vegetables, herbs or spices, should be strained through a fine strainer, and be allowed to go cold, so that the fat may be removed before using them for soups and sauces.

Shin of beef stock is generally used for clear and good brown soups ; knuckle of veal for good white soups. A well-made bone stock does excellently for most thick and vegetable soups or sauces, as does what is termed " second stock ".

FIRST STOCK. 4 R

No. 1.

| | |
|---|----------------------|
| 2 lb. shin of beef or knuckle of veal. | 1 dessertspoon salt. |
| 6 pints cold water. | 1 carrot. |
| 6 peppercorns. | 1 turnip. |
| 1 sprig of parsley. | 1 onion. |
| | 1 sprig thyme. |

Cut the meat up into pieces about an inch square, removing the fat ; saw the bones into pieces. Put the meat and bones into a large pan, add the water and salt, bring to the boil, draw off the fire and skim away every particle of scum ; add the vegetables, cleaned and cut in halves,

with the flavourings; place on the stove, where it will only simmer very gently for 4 hours.

Stock should never be allowed to boil, or it becomes thick and a bad colour. Strain, and when cold remove the fat (this is best done with a spoon), and then wipe the surface of the jelly with a clean hot cloth. It is then ready for use.

BONE STOCK.

No. 2.

4 lb. fresh meat bones.
2 carrots.
2 turnips.
1 sprig parsley.
1 tablespoon salt.

5 quarts water.
2 onions.
6 peppercorns.
1 sprig thyme.

Wash the bones and cut away any fat or discoloured pieces of meat; then proceed exactly as in the preceding recipe, only allowing 5 or 6 hours simmering according to the size of the bones.

SECOND STOCK.

No. 3.

Cooked or uncooked bones.
Cold water.
2 carrots.
2 turnips.

Scraps of cooked or uncooked meat.
2 onions.
Salt and pepper.

For second stock, a large pan of cold water should be put on the stove, and into it should be thrown any of the above scraps to be used up. Strainings from first stock, soups or sauces can all be made use of in this way. The ingredients should all simmer gently together for 2 or 3 hours, and the stock then finished off as in the preceding recipes.

N.B.—Only enough stock of this kind should be made for each day's use, as it becomes sour if boiled over and over again.

ASPARAGUS SOUP.No. 4.

25 heads of asparagus.
 1½ oz. butter.
 1½ pints stock (No. 2).
 ½ pint of milk.
 2 yolks of egg.

1 onion.
 1½ oz. flour.
 1 small bay leaf.
 1 sprig parsley.
 Salt and pepper.

Cut off the asparagus tops and cook them separately in a little boiling salted water for about 10 minutes, taking care not to break them; drain and put them into the tureen. Cut the stalks into short lengths, slice the onion, fry these in the butter slowly for 10 minutes with the parsley and bay leaf, add the flour and cook it a little, stir in the stock a little at a time off the fire, season and simmer the soup gently, first stirring it to the boil, for 1 hour. Pass it through a hair sieve, reheat with the milk, stir in the yolks mixed with a little cold stock, and cook gently for 5 or 10 minutes. Strain on to the asparagus heads.

ARTICHOKE SOUP.No. 5.

2 lb. Jerusalem artichokes.
 1 small onion.
 ½ oz. flour.
 1½ pints stock (No. 2).

½ pint milk.
 1 oz. butter.
 1 dessertspoon of lemon juice.
 Salt and cayenne pepper.

To make this soup a good colour, great care must be taken in preparing the artichokes. They should be as fresh as possible, and a little lemon juice or vinegar put in the water in which they are peeled. Keep them under water as much as possible.

Peel and slice the artichokes thinly, also the onion; dissolve the butter, fry the vegetables in it for about 5 or 6 minutes slowly, add the lemon juice, flour and seasoning, also the stock by degrees; boil up, stirring all the time;

simmer gently until the vegetables are soft. Pass through a hair sieve, washing the pulp through with the milk, reheat, and the soup is ready to serve. Serve with fried bread.

BONE SOUP. *4 lb*

No. 6.

| | |
|-------------------------------|---------------------------|
| 2 lb. small fresh meat bones. | Salt and pepper. |
| 2 oz. dripping. | 3 pints water. |
| 1 stick celery. | 2 carrots. |
| 2 onions. | 2 turnips. |
| 6 peppercorns. | 2 oz. flour or cornflour. |
| 1 sprig parsley. | 1 sprig thyme. |

Make the dripping smoking hot in a stewpan; wash, dry and cut off the fat and discoloured pieces from the bones, fry them briskly to a good brown colour in the fat, drain them as they are done, pour off the dripping, put the bones into the pan again with the cold water and a dessert-spoon of salt; bring to the boil and skim thoroughly; add the vegetables cut into quarters, also the flavourings; simmer the soup gently for 4 hours; strain and let go cold; skim off all fat; bring the soup to the boil, stir the cornflour or flour to a smooth cream with a little cold water, add to the soup and boil for 5 or 10 minutes. A few drops of caramel must be added to make the soup a good colour. Serve with sippets of toast.

BARLEY SOUP. *2 lb*

No. 7.

| | |
|------------------------|---------------------|
| 2 oz. pearl barley. | 1 oz. flour. |
| 1 oz. butter. | 1 onion. |
| Salt and pepper. | 1 wineglass sherry. |
| 3 pints stock (No. 3). | |

Blanch the barley (No. 425); melt the butter and fry the onion sliced, and the flour brown in it; take it off the

fire and stir in the stock by degrees; season and boil the soup, add the barley; simmer by the side of the fire slowly for about 2 hours; then pass through a wire sieve, reheat, and add the sherry. Serve with fried bread.

BROWN VEGETABLE SOUP. 1 *h*No. 8.

| | |
|------------------------|-----------------|
| 1½ oz. butter. | 1½ oz. flour. |
| 1 quart stock (No. 3). | 1 carrot. |
| 1 sprig parsley. | 1 turnip. |
| 1 sprig thyme. | 1 onion. |
| Salt and pepper. | 6 peppercorns. |
| 2 oz. macaroni. | 1 stick celery. |

Make the butter hot in a saucepan; cut the vegetables into very thin, small slices and fry them in the butter with the parsley, thyme and peppercorns for 10 minutes; stirring them, add the flour, fry it a few minutes, add the stock a little at a time, season and stir to the boil. Allow the soup to simmer gently for 1 hour, stirring occasionally. Pass through a hair sieve and reheat.

Boil the macaroni (No. 423), cut it into short lengths, diamond-shaped, put them into the tureen and pour the boiling soup over.

CRESSY SOUP. 2 *h*No. 9.

| | |
|------------------------|---------------------------|
| 4 good red carrots. | 1 small stick celery. |
| 1 onion. | 1 oz. butter. |
| 1 quart stock (No. 2). | Salt and pepper. |
| 1 sprig parsley. | 1 dessertspoon cornflour. |
| ½ pint milk. | |

Grate the carrots, slice the onion and celery; dissolve the butter and stir the vegetables in it over a slow fire with the parsley and seasoning for 10 minutes; add the stock and boil the soup gently for 1½ to 2 hours. Pass through a wire or hair sieve, bring to the boil again and

stir in the cornflour, mixed into a smooth cream with the milk; boil for 2 or 3 minutes longer. Serve with fried bread.

N.B.—Grating the carrots will make the soup a much nicer colour than slicing them.

CABBAGE SOUP.

No. 10.

1 nice savoy.
1 oz. butter.
1 oz. flour.
 $\frac{1}{2}$ pint milk.

$1\frac{1}{2}$ pints stock (No. 2).
1 onion.
Salt and pepper.

Thoroughly clean the cabbage and soak it in water for half an hour, cut away the hard stalk from the heart and back of the leaves, and shred up the leaves into fine strips an inch long; throw these into a large pan of boiling salted water in which there is a small piece of soda and boil fast for 5 minutes (this is to draw out the colour and strong flavour of the cabbage).

Chop the onion finely and put it into a saucepan with the stock, milk, butter and seasoning; bring to the boil; well drain the shredded cabbage in a colander and put it into the stock; boil the soup gently for half an hour. Mix the flour to a cream with a little cold milk, add this to the soup and boil for 5 minutes, stirring. This soup may also be thickened with sago for a change. Serve with fried bread.

CELERY SOUP.

No. 11.

1 head white celery.
 $1\frac{1}{2}$ oz. butter.
 $1\frac{1}{2}$ oz. flour.
 $\frac{1}{4}$ pint cream.

1 quart stock (No. 2).
 $\frac{1}{2}$ pint milk.
Seasoning.
A few drops of lemon.

Scrape the celery very white and cut it up; boil the

stock and cook the celery in it until it is quite soft, adding the lemon juice to preserve the colour.

Dissolve the butter, cook the flour in it without browning, stir to this the stock and celery by degrees, boil up stirring, and pass through a hair sieve; reheat with the milk and cream if liked. Serve with fried bread.

CUCUMBER SOUP.

No. 12.

| | |
|--------------------------------------|--------------------------|
| 1 medium sized cucumber. | 1 oz. butter. |
| 1 onion. | 1 oz. flour. |
| Salt and pepper. | $\frac{1}{2}$ pint milk. |
| 1 $\frac{1}{2}$ pints stock (No. 2). | 1 teaspoon sugar. |

Slice the cucumber without peeling it, slice the onion; dissolve the butter and cook the vegetables in it for a few minutes with the sugar and seasoning; stir in the flour and cook a little, then the stock; stir to the boil; simmer the soup gently until the cucumber is quite tender. Pass through a hair sieve, add the milk and reheat. Serve with fried bread.

CHEESE SOUP.

No. 13.

| | |
|---------------------------|----------------------|
| 1 quart stock (No. 1). | 6 white peppercorns. |
| $\frac{1}{4}$ pint cream. | Yolks of two eggs. |
| 1 oz. butter. | 1 oz. flour. |
| 1 onion. | 1 stick celery. |
| 2 oz. Parmesan cheese. | 1 sprig parsley. |
| Savoury custard. | Salt and pepper. |

Melt the butter, slice the celery and onion, and fry very slowly in the butter with the parsley and peppercorns (do not allow them to brown); cook the flour a little, next; add the stock by degrees off the fire; simmer gently about 1 hour; strain the soup; mix together the cheese grated, the eggs and cream, add to the soup and stir over a slow

fire for 5 minutes, taking care it does not boil, or it will curdle. Have some savoury custard (No. 199) cut into dice in the tureen, and pour the soup gently over.

FRENCH VEGETABLE SOUP.

No. 14.

| | |
|---------------|-------------------------------|
| 1 carrot. | 1 stick celery. |
| 1 turnip. | 1 lettuce. |
| 1 onion. | 1 small cucumber. |
| 1 bay leaf. | Salt and pepper. |
| 1 oz. butter. | 1½ pints stock (Nos. 1 or 2). |
| ½ pint milk. | 1 teaspoon castor sugar. |

Thoroughly clean all the vegetables, and shred them into very fine lengths about one inch; throw them into separate cold waters to keep them quite clean; drain well; dissolve the butter, add the shredded vegetables, sugar, bay leaf and seasoning; put them over a slow fire and cook them for about 15 minutes with the lid on, taking care they do not break up; boil the stock and pour over them, mix the flour smooth with the milk, add to the soup, boil gently for 5 or 6 minutes and serve.

N.B.—Any vegetable in season except beet can be used. The more variety the better.

GAME SOUP.

No. 15.

| | |
|--|------------------------|
| The carcasses and trimmings from one or two pheasants or partridges. | 1 oz. flour. |
| 1 dessertspoon red currant jelly. | 1 sprig parsley. |
| 1 dessertspoon port wine. | 1 sprig thyme. |
| Seasoning. | 6 peppercorns. |
| 1 oz. butter. | 1 quart stock (No. 3). |
| | 1 strip orange rind. |
| | 1 onion. |

Break up the game bones and put them into a stewpan with the onion sliced, orange, parsley, thyme, pepper-

corns and seasoning, pour over them the stock and a few drops of caramel (No. 418); simmer these gently for one hour, strain and take off any fat with kitchen paper; dissolve the butter in the pan, fry the flour brown in it, add the game stock and stir to the boil, put in the wine and jelly, and strain into the tureen, in which there should be some small poached or egged and crumbed forcemeat balls (No. 180).

GIBLET SOUP.No. 16.

| | |
|---------------------------------------|-----------------------|
| 2 sets of chicken or duck giblets. | 1 onion. |
| 1 sprig parsley. | 1 carrot. |
| 1 sprig thyme. | 1 small clove garlic. |
| 6 peppercorns. | 1 strip lemon rind. |
| 1 quart stock or water. | 1 stick celery. |
| 1 oz. flour. | 1 oz. butter. |
| | Caramel (No. 418). |

Slice the giblets and vegetables, make the butter hot and fry them in it with the flavourings for about ten minutes; stir in the flour and the stock or water, season and stir to the boil; simmer gently for about 2 hours, pour off the soup, pound the giblets to a paste in the mortar, then pass the whole through a wire sieve; reheat and serve with sippets of toast.

HARE SOUP.No. 17.

| | |
|---------------------------------|-------------------|
| 1 small hare. | 2 onions. |
| 2 carrots. | 1 turnip. |
| 1 stick celery. | 2 quarts water. |
| 12 peppercorns. | 1 sprig parsley. |
| 3 cloves. | 1 sprig thyme. |
| 1 gill port wine. | 1 small bay leaf. |
| Salt. | 2 oz. butter. |
| 1 tablespoon red currant jelly. | 3 oz. flour. |
| Pepper. | |

Take off the fillets and one or two slices from the lean part of the legs; these can be used for an entrée (No. 77). Make the butter hot, cut up the hare into pieces; slice the vegetables; fry these with the herbs and spices, with the lid on the pan, for about 15 minutes; add the water, salt and pepper; simmer gently until the hare is quite tender (about 2 hours), pound the meat in a mortar, and then sieve all the soup together. Bring to the boil, stir the flour smooth with cold water, cook in the soup for 10 minutes; add the red currant jelly and port wine. Serve with forcemeat balls egged and crumbed (No. 180).

N.B.—The soup may be thickened with cornflour instead of flour.

JULIENNE SOUP.

No. 18.

1 quart stock (No. 1).

1 carrot.

1 turnip.

1 leek.

$\frac{1}{2}$ lb. lean beef.

1 stick celery.

1 small lettuce.

Seasoning.

Slice the vegetables very thinly, and then shred them finely into inch lengths; boil them each in separate salted boiling waters till just tender, but not enough to break them; drain them well, and put them into the soup tureen.

Remove all fat and skin from the beef; scrape it finely, put it into a very clean stewpan with the stock, and whisk them over the fire to the boil; take out the whisk, draw the pan to the side, ease the lid on it, and simmer the soup gently for 10 or 15 minutes. Place a scalded linen cloth over the soup-stand, pour the soup through it gently twice, when it should be quite clear. Very

carefully reheat it, and pour over the vegetables in the tureen.

N.B.—One or two shredded tarragon leaves are a great improvement to this soup.

JULIENNE SOUP (THICK).

No. 19.

| | |
|------------------|------------------------|
| 1½ oz. butter. | 1 quart stock (No. 2). |
| 1½ oz. flour. | 1 onion. |
| 1 sprig parsley. | 1 carrot. |
| 1 sprig thyme. | 1 turnip. |
| 6 peppercorns. | Seasoning. |

Shred and cook the carrot and turnip as in the previous recipe; put them into the tureen. Heat the butter, fry the onion sliced with the herbs and spices to a light brown, add flour and fry also; stir in the stock off the fire, season and boil; simmer gently about half an hour, then strain over the shredded vegetables.

Leeks are nice in this soup when in season.

KIDNEY SOUP.

No. 20.

| | |
|--------------------|---------------------|
| 2 sheep's kidneys. | ½ lb. fillet steak. |
| 1 oz. butter. | 1 sprig parsley. |
| 1 oz. rice. | 1 onion. |
| 1 quart water. | Seasoning. |

Skin the kidneys, take away the fat from the beef and cut both into small pieces; heat the butter in a saucepan, put in the meat, kidneys, onions sliced, parsley, and fry for about 10 minutes over a brisk fire; wash and add the rice, stock and seasoning; simmer very gently for 2 hours, stirring frequently to prevent the rice sticking to the pan; pass all through a wire sieve; reheat, and serve with sippets of toast.

LEEK SOUP.No. 21.

| | |
|-------------------------------------|--------------------------|
| 6 leeks. | 1 oz. flour. |
| 1 oz. butter. | $\frac{1}{2}$ pint milk. |
| $1\frac{1}{2}$ pints stock (No. 2). | Salt and cayenne pepper. |

Cut off the green part of the leeks and shred it into fine inch lengths; boil till tender 5 or 10 minutes in boiling salted water, drain and put into the tureen. Slice up the leeks; dissolve the butter; cook them for 5 or 6 minutes without browning; cook the flour next a little; add the stock by degrees and boil; simmer until the leeks are tender 30 minutes; pass through a hair sieve, add the milk and reheat, pour over the shredded leeks. Serve with fried bread.

LENTIL SOUP.No. 22.

| | |
|-----------------------------|---------------------------------|
| $\frac{1}{2}$ pint lentils. | 3 pints water or stock (No. 3). |
| 1 carrot. | 1 sprig parsley. |
| 1 turnip. | 1 oz. lean bacon. |
| 1 onion. | 1 stick celery. |
| Seasoning. | |

Wash the lentils in several waters and soak them over night; grate the carrot and turnip; cut up the bacon, celery and onion small. Put all the ingredients together into a stewpan and simmer the soup gently for 2 hours, stirring occasionally; pass through a hair sieve, reheat, and serve with dice of fried bread.

N.B.—Only enough water should be used to well cover the lentils in soaking, and this is used in the soup. If the soup becomes too thick with the long stewing, add a little more water. Haricot bean or pea soups are made in the same way.

LIVER SOUP.No. 23.

$\frac{3}{4}$ lb. calf's liver.
1 carrot.
1 turnip.
1 onion.
1 oz. rice.
Seasoning.

1 oz. bacon (fat).
1 sprig parsley.
1 sprig thyme.
6 peppercorns.
1 quart stock (No. 3).

Cut the bacon small and dissolve it in a stewpan ; cut the liver and vegetables into small squares, fry these with the herbs and spice briskly for 10 minutes ; add stock, rice and seasoning ; cook very slowly for 2 hours, stirring occasionally. Take out the parsley and thyme and pour into the tureen, or the soup may all be passed through a wire sieve.

MULLAGATAWNY SOUP.No. 24.

1 $\frac{1}{2}$ oz. butter.
1 oz. flour.
1 oz. curry powder.
1 large onion.
1 carrot.
1 teaspoon sugar.
1 sprig parsley.
1 sprig thyme.
Salt and pepper.

1 apple.
1 tomato.
1 oz. desiccated cocoanut.
1 turnip.
1 stick celery.
1 dessertspoon lemon juice.
3 pints stock (No. 2).
6 peppercorns.

Chop all the vegetables up small ; dissolve the butter ; fry the vegetables, herbs, spice, flour and curry powder for 10 or 15 minutes ; take off the fire, stir in the stock by degrees, bring to the boil stirring, add the apple chopped, tomato cut up, sugar and cocoanut ; season and simmer gently for 2 hours, stirring frequently to prevent the soup burning ; pass through a hair sieve, add lemon, reheat. Serve with freely boiled rice (No. 422).

MARROW SOUP.No. 25.

| | |
|-------------------------------------|------------------|
| 1 medium sized vegetable marrow. | 1 oz. butter. |
| 1 small onion. | 1 oz. flour. |
| 1½ pints stock (No. 2). | ½ pint milk. |
| | Salt and pepper. |

Peel and slice the marrow and onion, melt the butter, put in marrow and onion with seasoning, stir over a slow fire for 5 or 6 minutes; add stock and simmer gently for 30 to 40 minutes; pass through a hair sieve, bring the soup to the boil again with the milk; mix the flour smooth with cold milk and stir in; cook for 3 or 4 minutes longer. Serve with fried bread.

OX TAIL SOUP.No. 26.

| | |
|----------------------|------------------|
| 1 ox tail. | 2 carrots. |
| ¾ lb. lean beef. | 2 turnips. |
| 12 peppercorns. | 2 onions. |
| 1 bay leaf. | 2 sticks celery. |
| 1 sprig parsley. | 3 cloves. |
| 1 sprig thyme. | 2 oz. butter. |
| 3 or 4 quarts water. | 4 oz. flour. |
| Seasoning. | |

Blanch the tail by covering it with cold water in a stewpan; give it one boil up over the fire, take it out and dry it on a clean cloth; joint it up and take away any superfluous fat from the root end. Cut up the beef, also vegetables into thick slices; make the butter smoking hot in a stewpan, put in the pieces of tail, beef, vegetables, herbs and spices; fry well for about 15 minutes with the pan lid on and shake about, add the water and a tablespoon of salt; bring to the boil and skim very thoroughly, then simmer gently for from 4 to 5 hours according to the thickness of the tail (it should be quite tender with-

out being raggy); strain through a hair sieve; allow the soup to go cold, then take off the fat, take 3 oz. of it and make smoking hot; stir in the flour and fry brown; add to this the soup by degrees; stir to the boil. Pass the pieces of tail through warm water to clear them of vegetable and fat; heat them through gently in the soup, and serve.

POTATO SOUP.No. 27.

1 lb. potatoes.

1 onion.

1 turnip.

1 oz. butter.

Salt and pepper.

1 stick celery.

1½ pint stock (No. 2).

½ pint milk.

1 oz. small sago.

Dissolve the butter in a stewpan (do not allow it to brown or it will discolour the soup); thoroughly clean the vegetables, rinsing them twice; slice them and fry in the butter with the seasoning 5 or 6 minutes slowly; add the stock and simmer gently till the vegetables are quite soft, about 1 hour, stirring frequently; pass through a hair sieve, add the milk, bring to the boil again, shake in the sago and boil till it turns clear, stirring all the time. Serve with small squares of fried bread. The soup can be thickened with flour instead of sago if preferred.

RICE SOUP.No. 28.

2 oz. Carolina rice.

1 oz. butter.

1½ pint stock (No. 3).

Seasoning.

1 onion.

1 oz. bread crumbs.

1 tablespoon chopped parsley
(No. 432).

½ pint milk.

Put the stock into a stewpan with the rice washed, the onion sliced, butter and seasoning; simmer very gently for about 1 hour, or until the rice is perfectly soft, then

put in the milk and breadcrumbs; boil 5 minutes longer, put the parsley in the tureen and pour the soup over it.

N.B.—The soup may be passed through a sieve if liked, and if it becomes a little too thick, add more stock.

SHIN OF BEEF SOUP.

No. 29.

| | |
|--------------------------|-----------------|
| 1 lb. lean shin of beef. | 1 carrot. |
| 1 quart water. | 1 turnip. |
| 1 teaspoon salt. | 1 onion. |
| 6 peppercorns. | 2 cloves. |
| 1 oz. small sago. | 1 stick celery. |
| 1 sprig parsley. | 1 sprig thyme. |

Remove any fat from the meat and cut it into small pieces, put it into a stewpan with the salt and cold water, bring to the boil and skim thoroughly; clean the vegetables, cut them in halves (not in small pieces, or they mash up and make the soup cloudy and thick); add these, with the flavourings and a few drops of caramel (No. 418); simmer the soup very gently for 2 hours, strain and let it get cold; remove the fat, put the soup back into the saucepan, bring to the boil, and shake in the sago, stirring the while; boil gently till the sago turns clear 5 or 6 minutes. Serve with sippets of dry toast.

N.B.—Cooked macaroni cut into short lengths, or fancifully cut, and cooked vegetables might be put into the soup for a garnish instead of the sago, or savoury custard (No. 199).

ST. GERMAIN SOUP.

No. 30.

| | |
|--------------------------------------|------------------------------|
| $\frac{1}{2}$ pint dried green peas. | 2 large sprigs mint. |
| $1\frac{1}{2}$ oz. butter. | A few drops green colouring. |
| $1\frac{1}{2}$ oz. flour. | Salt and pepper. |
| 1 quart stock (No. 2). | |

Wash and soak the peas over night, picking out the discoloured ones; boil them in enough cold water to cover them, with the mint, and a small piece of fat to help to soften them, until they are quite tender 2 to 3 hours; drain and pass them through a hair sieve; dissolve the butter, cook the flour in it a few minutes, take off the fire, and stir in the stock and seasoning, boil up, stirring all the time; then whisk the green pea pulp in, add colouring if necessary, and boil up the soup. Serve with fried bread.

SCOTCH BROTH.No. 31.

| | |
|--------------------------------|-----------------------|
| 1 lb. middle neck of mutton. | 3 pints water. |
| 1 carrot. | 1 sprig parsley. |
| 1 turnip. | 1 sprig thyme. |
| 1 onion. | 1 oz. pearl barley. |
| 1 dessertspoon of salt. | Small suet dumplings. |
| 1 dessertspoon chopped parsley | Pepper. |
| (No. 432). | |

Take away the fat and marrow from the meat and cut it into pieces about an inch square; joint up the bones, put them, with the meat, into a saucepan, cover with the cold water, add the salt and bring to the boil. Directly the scum rises—which will be at boiling-point—draw the broth off the fire and skim it well. Have the vegetables cleaned and cut into small dice, and the barley blanched (No. 425), which add to the broth, with parsley, thyme and pepper; stew all slowly together for about 2 hours, until meat and barley are quite tender, and the broth nice and thick.

Half an hour before serving put in the dumplings, take out the parsley, thyme and bones, pour the soup over the chopped parsley in the tureen.

For the dumplings, take :—

6 oz. flour.

2 oz. suet.

$\frac{1}{2}$ teaspoon salt.

Cold water.

Skin, shred and chop the suet very finely, using the flour to do it with ; add the salt, and mix up into a stiff paste with the water. Make up into very small dumplings, rolling them smooth lightly in the hands.

SPINACH SOUP.

No. 32.

1 $\frac{1}{2}$ -2 lb. spinach.

1 small onion.

1 oz. butter.

1 small blade mace.

1 oz. flour.

1 $\frac{1}{2}$ pints stock (No. 2).

Salt and pepper.

1 tablespoon cream.

The amount of spinach in this soup must depend a little on the size of it—if quite young and small, take 2 lb. ; if large, 1 $\frac{1}{2}$ lb. will do. Thoroughly clean the spinach, rinsing it in several waters, and draw off the stalks right down the back of the leaves ; put it into a large saucepan, and sprinkle it with salt ; allow it to cook down slowly till quite tender, about 15 minutes ; drain it and pass it through a wire sieve.

Melt the butter and cook the onion, sliced in it with the mace, for 3 or 4 minutes without browning, then cook the flour a little ; take off the fire and add the stock and seasoning, boil up and strain, add the purée of spinach with a teaspoon of sugar and the cream ; reheat and serve with fried bread.

SPRING SOUP.

No. 33.

1 cauliflower.

1 carrot.

2 leeks.

1 turnip.

$\frac{1}{2}$ head of celery.

1 onion.

Salt and pepper.

3 pints stock (No. 1).

2 thin slices of bread and
butter.

1 small bay leaf.

Have the stock boiling in a saucepan, nicely seasoned, and colour it with a few drops of caramel to a pale sherry colour; break the cauliflower into small sprigs, throw them into a pan of boiling salted water for 3 minutes and drain (this is to draw out the strong flavour); shred the other vegetables into fine lengths an inch long. Put all into the boiling stock with the bayleaf and boil gently for 15 or 20 minutes, until they are quite tender but not broken. Take out the bayleaf; cut the bread and butter into rounds the size of a shilling with a pastry cutter, place them on a baking sheet in the oven, bake them a golden colour 5 or 6 minutes. Put these into the soup tureen and pour the boiling soup over them. Serve at once.

THICK WHITE SOUP (I.).No. 34.

1½ oz. butter.

1½ oz. flour.

½ pint milk.

1½ pints stock (No. 2).

1 onion.

1 small blade mace.

1 sprig parsley.

Salt and pepper.

Dissolve the butter in a saucepan; slice the onion very thin and fry it with the mace and parsley for 3 or 4 minutes (do not allow it to brown); then add flour and fry it a minute or so to make the soup smooth and shiny; take off the fire and stir in the stock and milk, a little at a time; stir to the boil, and simmer gently for half an hour. Strain and serve with grated cheese.

THICK WHITE SOUP (II.).No. 35.

(With forcemeat balls.)

1½ oz. butter.

1½ oz. flour.

Salt and pepper.

1½ pints stock (No. 2).

½ pint milk.

2 yolks of eggs.

Melt the butter and cook the flour in it for a few minutes without browning it; take off the fire, add stock by degrees and stir to the boil, first seasoning the soup; mix the yolks well with the milk and stir into the soup very slowly, so as not to curdle the eggs; cook slowly for 5 minutes; strain into the tureen, containing some small forcemeat balls.

For the balls take:—

| | |
|--|--------------------------------------|
| 2 oz. bread crumbs. | $\frac{1}{2}$ oz. butter. |
| 1 dessertspoon finely chopped parsley. | Salt and cayenne pepper. |
| $\frac{1}{2}$ teaspoon chopped thyme. | $\frac{1}{2}$ teaspoon grated lemon. |
| | Beaten egg. |

Rub the butter well into the breadcrumbs; add the parsley, thyme, lemon and seasoning, and bind the mixture into a stiff paste with the egg. Make up into balls the size of a small marble, poach them gently in some simmering salted water for 3 or 4 minutes; drain on a cloth, and put them into the soup tureen.

TOMATO SOUP (I.).

No. 36.

| | |
|-----------------------------------|-------------------------------------|
| $\frac{1}{2}$ oz. bacon. | 1 carrot. |
| $\frac{1}{2}$ oz. butter. | 1 turnip. |
| 1 sprig parsley. | 1 onion. |
| 1 sprig thyme. | 1 stick celery. |
| 6 peppercorns. | Salt and pepper. |
| $\frac{1}{2}$ lb. fresh tomatoes. | $1\frac{1}{2}$ pints stock (No. 2). |
| 1 oz. small sago. | |

Take the rind and salted edge from the bacon, cut it into small pieces and dissolve it with the butter in a stewpan (do not allow it to brown, or it will take off the nice red colour of the soup); slice the vegetables small and thin and fry them with the parsley, thyme and peppercorns for 10 minutes, slowly stirring them well

about, add the tomatoes sliced, stock and seasoning; simmer all gently for $1\frac{1}{2}$ to 2 hours; pass through a hair sieve, bring again to the boil, shake in the sago and boil gently, stirring until the sago turns clear. Serve with fried bread.

TOMATO SOUP (II.).No. 37.

| | |
|-------------------------------|--|
| 1 tin tomatoes. | 1 pint milk. |
| $1\frac{1}{2}$ oz. cornflour. | $\frac{1}{2}$ teaspoon carbonate soda. |
| 1 oz. butter. | Salt and pepper. |
| 1 pint stock (No. 2). | |

Pass the tin of tomatoes through a hair sieve into a basin, stir the soda into the purée, cover the basin and let it stand by for half an hour (this will take off the acidity of the tomatoes); boil the stock and milk together; mix the cornflour into a smooth cream with a little milk; pour on the boiling stock, return to the saucepan and boil for 5 or 6 minutes, stirring well; add the butter bit by bit, and when it is quite incorporated, take the soup off the fire and whisk in the tomato pulp; season and simmer the soup gently for 10 minutes longer, when it is ready to serve.

WHITE FISH SOUP.No. 38.

| | |
|-------------------------------|--------------------------|
| 1 quart stock (No. 2). | 2 whiting. |
| 1 small carrot. | 1 sprig parsley. |
| 1 small turnip. | 1 small bay leaf. |
| 1 small onion. | 1 small blade mace. |
| Salt and pepper. | 2 oz. butter. |
| 1 dessertspoon finely chopped | 2 oz. flour. |
| parsley (No. 432). | $\frac{1}{2}$ pint milk. |

Put the stock into a stewpan with the whiting cut up, the vegetables left in large blocks, seasoning, herbs and

spice ; simmer these gently for 1 hour, skimming well if necessary ; strain through a fine strainer ; dissolve the butter, cook the flour in it for 3 or 4 minutes, then stir in the stock by degrees, and milk (this is best done off the fire), boil for 5 minutes, stirring. Put the parsley into the tureen and strain the soup over. Serve with fried bread.

N.B.—About 1 dozen bearded oysters might be served in this soup.

FRIED BREAD FOR SOUPS.

No. 39.

Cut 2 or 3 slices of rather stale bread a quarter of an inch thick, or even a little less ; remove the crusts, and cut the bread into tiny squares ; put these into a frying basket, shake out the loose crumbs, and plunge the basket into the frying fat (which must be smoking hot) ; fry to a golden brown, drain well, and turn out on kitchen paper. Serve on a dish paper very hot.

FISH.

It is almost useless to put down any hard and fast rules by which to cook fish, as nearly each variety requires different treatment, either in boiling, steaming, frying or cooking in any of the various ways to send it to table in anything like perfection. So, instead, I shall endeavour in the following recipes to point out the methods best adapted to each kind.

I may, however, mention here that the cooking of fish requires the utmost care and attention—more, I think, than any other kind of food. It is easily spoilt and made hard, tasteless and indigestible—to say nothing of quickly detracting its nutritive value by careless cooking.

BOILED CODFISH.

No. 40.

Only sufficient water should be used in boiling all kinds of fish, just to cover it; a great weight of water breaks it. Have the water gently simmering in the fish-kettle or saucepan with a teaspoon of salt to each pint, also 3 drops of vinegar to each pint. Well wash the fish, and, if not using a strainer, tie it loosely in muslin; let it carefully down into the water, and simmer very gently the whole time of cooking. It should on no account boil, or it will be made tough or “woolly”. Weigh the fish and allow 10 minutes to each pound and 10 minutes over, unless the fish is very thick, in which case allow a

little more time. Drain the fish thoroughly, remove the muslin without breaking the skin at all; place it on a napkin, and garnish with small quarters of lemon and sprigs of parsley. Serve with oyster, shrimp, egg or parsley sauce.

BAKED CODFISH.No. 41.

| | |
|-------------------------------|---------------------------|
| 1 lb. codfish. | $\frac{1}{2}$ oz. butter. |
| 1 dessertspoon lemon juice. | Salt and cayenne pepper. |
| 1 pint cream sauce (No. 113). | Red breadcrumbs. |

Spread half the butter on a baking-tin, wash and dry the fish, place it on the tin, season with salt and cayenne, and sprinkle the lemon juice over; cover with a piece of kitchen paper greased with the rest of the butter; press the paper well down over the fish to keep in the steam in cooking. Bake in a very slow oven for 20 minutes or half an hour; take off the skin, place the fish on a dish and coat over nicely with the cream sauce; garnish with red breadcrumbs and parsley.

BAKED WHITING.No. 42.

| | |
|--|---|
| 3 small whiting. | 1 dessertspoon chopped parsley. |
| $\frac{1}{2}$ teaspoon finely chopped onion. | 1 dessertspoon lemon juice. |
| Salt and cayenne. | $\frac{3}{4}$ pint cream sauce (No. 113). |
| 1 tablespoon red breadcrumbs. | 1 oz. butter. |

Spread a little of the butter on a baking-tin, place the whiting on it, sprinkle them with salt, cayenne, parsley, onion, lemon juice, and lastly red breadcrumbs; place lightly over them a buttered paper (using the rest of the butter), bake very slowly for 10 minutes; take off the paper, dish the fish prettily and pour the sauce round

them. Place little sprigs of parsley in the eyes of the fish.

BAKED MACKEREL.No. 43.

| | |
|------------------|-------------------------------|
| 2 mackerel. | 2 oz. breadcrumbs. |
| 1 egg. | 1 dessertspoon parsley. |
| Salt and pepper. | 1 dessertspoon suet. |
| 1 oz. butter. | $\frac{1}{2}$ teaspoon thyme. |
| Red breadcrumbs. | |

Thoroughly clean the fish, using a little salt if necessary to take off the blood and black skin from the inside ; split them open down the front of the body and take out the backbones ; spread half the butter on a baking tin ; place one mackerel on the tin, skin side downwards ; chop the suet, parsley and thyme finely, mix them with the breadcrumbs, season and add enough of the egg beaten to form a stiffish forcemeat ; spread this thickly over the mackerel on the tin, place the other mackerel on top, brush over with the other half of the butter and sprinkle with the red crumbs. Bake slowly for 15 to 20 minutes, and serve with mustard sauce (No. 122) poured round.

CODFISH PIE.No. 44.

| | |
|-------------------------------|----------------------------|
| 1 lb. codfish, <i>or</i> | $\frac{1}{2}$ pint milk. |
| The remains of any cold fish. | 1 blade mace. |
| 1 oz. butter. | 1 lb. mashed potatoes (No. |
| $\frac{3}{4}$ oz. flour. | 151). |
| Salt and pepper. | |

Boil the fish, take away the skin and bones, and break it into large flakes ; dissolve the butter, cook the mace and flour in it for 2 or 3 minutes ; take off the fire and stir in the milk, season and boil up, stirring all the time ; add the prepared fish, and pour into a buttered pie-dish ;

spread over this a thick crust of mashed potatoes, using a knife dipped in hot water for smoothing it over ; brush the top of the pie with beaten egg, and bake in a moderate oven for half an hour. Serve garnished with parsley.

N.B.—A short pastry lid may be put over instead of the potato crust if preferred.

CASSEROLE OF FISH.

No. 45.

| | |
|--|-----------------------------|
| $\frac{1}{2}$ lb. cold cooked fish. | 2 hard boiled eggs. |
| $\frac{1}{2}$ lb. mashed potatoes. | Salt and pepper. |
| $\frac{1}{4}$ pint melted butter or cream. | 1 teaspoon anchovy essence. |

Well butter a plain mould and coat it thickly with red or brown breadcrumbs ; chop the eggs roughly, flake the fish and mix all the ingredients together, pour carefully into the tin, cover with a greased paper and bake in a moderate oven for three quarters of an hour. Turn out and pour melted butter or anchovy sauce round.

DRIED HADDOCK.

No. 46.

These are better cooked in the oven than boiled. Well grease a baking tin, scald the fish with boiling water for 3 or 4 minutes ; dry it, place it on the tin and cover with a well-greased paper ; bake slowly for from 10 to 15 minutes, according to the size of the fish. In serving, pour the liquor from the tin over it and rub a little more butter on if required.

FRESH HADDOCK AU GRATIN.

No. 47.

| | |
|-----------------------------|----------------------------|
| 1 good-sized fresh haddock. | Salt and pepper. |
| 1 oz. brown breadcrumbs. | $1\frac{1}{2}$ oz. butter. |

Cut open the fish down the front of the body, take out the back bone, season the fish well with salt and pepper,

and sprinkle with the breadcrumbs (this part is better done over night and the fish hung up till morning); then rub the skin side of the fish well with flour (this will make it easier to fry without sticking to the pan); make the butter smoking hot in a frying-pan, put in the fish and gently shake the pan at once, and all the time of cooking baste the top of the fish with the butter which will cook it enough without turning, fry in this way for about 10 minutes, lift carefully on to a hot dish and serve with parsley to garnish, or dressed tomatoes (No. 145) round the dish.

FRIED FILLETS OF PLAICE.No. 48.

6 or 8 fillets of plaice.

1 dessertspoon flour.

Salt and pepper.

1 beaten egg.

Parsley.

White breadcrumbs.

Wash and dry the fillets on a cloth; cut them into two or three slanting-wise, so that they will curl prettily in frying; mix together the flour, salt and pepper, and dip each fillet in it (this is to thoroughly dry the fish to make the egg and crumbs adhere properly).

Have the egg on a plate, and use a brush and knife; egg each piece well with the brush, drain and throw them into a large heap of breadcrumbs (No. 421); shake off all loose crumbs, passing the fish from one hand to the other lightly; plunge into smoking hot fat (No. 413) and fry to a golden brown; drain on kitchen paper and dress in a circle on a dish paper, and place fried parsley in the centre.

N.B.—All fish would be fried in the same way. A frying basket may be used or not according to convenience.

FILLETS OF PLAICE WITH WHITE SAUCE.No. 49.

| | |
|-------------------------|--|
| 1 medium-sized plaice. | $\frac{3}{4}$ pint fish sauce (No. 117). |
| 1 teaspoon lemon juice. | Salt and pepper. |

Wash and dry the plaice on a cloth, and remove the fillets carefully thus: Take a sharp knife and cut a clean cut right down the middle of the fish from head to tail; then raise the fillets from the bones, keeping the knife flat on the bone and taking long clean cuts (not jaggings, or the fish will be wasted); season the fillets and fold them into three, skin side inside, or they will unroll in the cooking; place them on a buttered baking-tin, sprinkle the lemon over them, and cover closely with buttered paper. They should be kept quite white in the cooking. Bake in a slow oven for from 7 to 15 minutes, according to the size; dish up nicely and coat over with the sauce. Decorate with red crumbs or chopped parsley.

FILLETS OF PLAICE WITH TOMATO SAUCE.No. 50.

These are done in exactly the same way as in the preceding recipe, only coated with tomato sauce (No. 131), in which the bones of the fish should be simmered for a few minutes.

Fillets of sole, whiting or mackerel are all good done in the same way.

FILLETS OF TURBOT.No. 51.

| | |
|------------------|-------------------------|
| 1 small turbot. | 1 dessertspoon parsley. |
| 1 egg. | 1 dessertspoon oil. |
| Salt and pepper. | 1 dessertspoon vinegar. |
| Breadcrumbs. | |

Wash, dry the fish and remove the fillets as in recipe No. 49; cut them into strips about 1 inch wide, and in

length, the width of the fish from the middle to fins ; mix on a plate the egg well beaten, oil, vinegar, parsley finely chopped, salt and pepper ; lay the fillets in this for half an hour or so ; take them out and coat them nicely with fine white or red breadcrumbs ; place in the frying basket, and fry in smoking hot fat to a golden brown (not too fiercely or the fish will be hard) ; drain, dish on a paper in cross bars, and decorate with fried parsley. Serve with gherkin sauce (No. 119).

FISH IN BATTER.No. 52.

| | |
|---------------------|-----------------------|
| 2 or 3 whiting. | 4 oz. flour. |
| 1 gill tepid water. | 1 egg. |
| Salt and pepper. | 1 teaspoon salad oil. |

Cut the fish, after washing and drying them, carefully down the back, and take off the fillets without breaking ; put the flour in a basin, make a hole in the centre, drop in the yolk, a little salt and pepper, and the salad oil ; stir into a batter with the water, beat it well till smooth and light ; whisk the white of the egg to a stiff froth with pinch of salt and a clean knife on a plate, and just before frying stir it lightly into the batter ; cut each fillet of fish into three, dip into the batter, take out with a skewer, and drop carefully into smoking hot fat ; fry to a golden brown, turning the pieces over with a fish slice ; drain on kitchen paper, and serve with fried parsley (No. 431) or tomato sauce (No. 131).

FISH PUDDING.No. 53.

| | |
|--------------------------------|-----------------------|
| $\frac{3}{4}$ lb. cooked fish. | 2 oz. butter. |
| 2 oz. breadcrumbs. | 2 eggs. |
| Salt and pepper. | Little grated nutmeg. |
| 1 gill milk. | |

Chop the fish fine, and cook it in the butter till hot,

stirring it about ; boil the milk and pour over the bread-crumbs ; when well soaked, add them to the fish with the eggs and seasoning ; beat all well together, pour into a well-buttered basin, just large enough to hold it, cover with a greased paper, and steam gently for 1 hour. Serve with a nice anchovy sauce poured over.

N.B.—This pudding may be baked for 40 minutes.

FILLETS OF SOLE.

No. 54.

2 small soles.
8 small potatoes.
Salt and cayenne.

$\frac{3}{4}$ pint gherkin sauce (No. 119).
Little lemon juice.
Dressed spinach (No. 144).

Remove the fillets from the bones (No. 49), trim the potatoes round in shape, and roll the fillets round them so as to keep the centres hollow ; place them on a buttered baking-sheet, season and sprinkle with the lemon, cover with greased paper, and bake in a slow oven for 7 to 10 minutes ; take out the potato carefully, place the rings of sole on a dish and coat them over with the sauce ; fill up the centre with spinach, which should be rather soft with cream.

FISH CURRY.

No. 55.

1 lb. of cooked fish.
1 oz. butter.
 $\frac{1}{2}$ oz. curry powder.
 $\frac{3}{4}$ oz. flour.
 $\frac{3}{4}$ pint milk.

1 oz. cocoanut.
1 onion.
Salt.
1 teaspoon lemon juice.

Soak the cocoanut in the milk for half an hour ; strain it ; slice the onion very thin and cook it in the butter for 10 minutes without turning its colour, add flour and curry powder, cook a little, then off the fire ; stir in the milk, bring to the boil (stirring), season, and put in the

fish in large flakes, having taken away skin and bones ; cook very slowly for half an hour, add lemon, and serve in a border of rice (No. 422).

HADDOCK A LA MAITRE D'HOTEL.

No. 56.

| | |
|-----------------------------|-------------------------|
| 1 fresh haddock. | 1 dessertspoon parsley. |
| 1 oz. butter. | 1 pint water. |
| 1 oz. flour. | Salt and cayenne. |
| 1 dessertspoon lemon juice. | |

Cut the fish down the back, and take off the fillets carefully ; cut each one into three, place these on a buttered baking-tin, season with salt and cayenne, and sprinkle with a little lemon juice ; cover with a greased paper, and bake slowly for 15 minutes. In the meantime, simmer the bones of the fish in the water for 5 or 6 minutes, strain the stock, melt the butter, cook the flour in it a minute or so, then add fish stock by degrees ; stir to the boil, season, add the lemon juice and parsley chopped very fine (No. 432). Place the fillets neatly on the dish in a circle, and coat over with the *maitre d'hotel* sauce.

ROLLED HERRINGS.

No. 57.

| | |
|-------------------|---------------------|
| 6 fresh herrings. | Forcemeat (No. 43). |
| 1 oz. dripping. | Salt and pepper. |

Scale the herrings thoroughly, cut them open, take out the roes ; clean and dry the fish, remove the back bones so that the fish will roll up, spread a little forcemeat over each of the herrings, and lay on this half a roe (soft ones are the best), roll the fish up and rub them over with flour ; place them in a baking-tin with the dripping, and bake for 15 to 20 minutes, basting them once or twice while they are cooking. Place them on a dish and garnish

with parsley. These may be served with mustard sauce (No. 122).

SCOLLOPED OYSTERS.

No. 58.

2 doz. oysters.

4 oz. breadcrumbs.

$\frac{1}{2}$ pint white sauce (No. 133).

1 oz. butter.

Beard the oysters and take away the hard muscles; heat the white sauce and add the oyster liquor, if there is any; stir in the oysters whole; butter some small scollop shells or ramequins, and sprinkle them with breadcrumbs; then put in a little of the fish mixture and a layer of breadcrumbs, and so on until the shells are sufficiently filled to look nice, using breadcrumbs last. Place a small pat of butter on top of each, and bake in a moderate oven 15 to 20 minutes. Serve in the shells and garnish with parsley.

STEWED SOLE.

No. 59.

1 medium-sized sole.

1 sprig parsley.

$\frac{1}{4}$ pint Liebig's beef tea.

1 shalot.

Salt and cayenne.

4 peppercorns.

$\frac{1}{2}$ oz. butter.

Skin the sole; egg, breadcrumb and fry it to a golden brown colour (No. 48); drain well on kitchen paper; put into a stewpan sufficiently large to hold the sole, without curling or breaking it, the beef tea, parsley, peppercorns, shalot whole, butter and seasoning; bring to the simmering point, lay in the fried sole, and cook very gently for 15 to 20 minutes. Place on a dish and strain the sauce round.

N.B.—To make the beef tea, take half a teaspoon of Liebig's meat extract and dissolve it in $1\frac{1}{2}$ gills boiling water.

SHRIMP PUFFS.No. 60.

| | |
|------------------------------------|---------------|
| $\frac{1}{2}$ pint picked shrimps. | 1 oz. butter. |
| $1\frac{1}{2}$ gills shrimp stock. | 1 oz. flour. |
| 1 small teaspoon curry powder. | Salt. |

Simmer the shells of the shrimps in the water for 5 minutes, strain; melt the butter, cook the flour and curry powder in it and stir in the stock, season and boil; mince the shrimps and put into the sauce.

Make 4 oz. short crust (No. 239) without the baking powder, roll out very thin and cut into rounds; place a good teaspoon of the mixture on one side of the pastry, wet the edges and press together, or fold into three-cornered shapes, which are prettier, and fry in smoking hot fat 3 or 4 minutes. Serve with fried parsley.

SALMON WITH PICCALILLI SAUCE.No. 61.

| | |
|-----------------------------------|---------------------------|
| 2 slices of salmon. | 1 oz. butter. |
| $\frac{1}{2}$ pint stock (No. 3). | 1 small Spanish onion. |
| $\frac{1}{2}$ oz. flour. | 3 tablespoons piccalilli. |

Fry the salmon in a very little hot butter on both sides, chop the onion very fine and fry it a light brown in the butter, add flour and stock, season and stir to the boil; mix in gradually the piccalilli; lay the slices of salmon in this sauce, cover with a greased paper and stew gently for about half an hour. Serve with the sauce poured over.

N.B.—Mackerel cooked in this way is very nice.

STUFFED HADDOCK.No. 62.

| | |
|--------------------|----------------------|
| 1 fresh haddock. | Force meat (No. 43). |
| Brown breadcrumbs. | 2 oz. dripping. |
| Half a beaten egg. | |

Wash and dry the fish well; lay the forcemeat neatly

in the stomach and sew up with as few stitches as possible; rub flour all over to dry the skin and truss in the shape of the letter "S"; brush over with the egg and cover with crumbs, lift carefully on to a tin containing the dripping; bake in a moderate oven for 15 to 20 minutes, basting several times as soon as the crumb-casing is well set. Take out trussing strings and place on a dish, with parsley in the eye cavities, and anchovy sauce (No. 106) poured round.

SALT COD.No. 63.

This fish if very dry should be soaked for several hours in cold water, and two waters are better than one.

It should be boiled very gently and put on in warm water, in order to draw out the salt. It takes about the same time as fresh fish to cook after being soaked; drain well after cooking, place it on a napkin, garnish with lemon and parsley. Serve with egg sauce and mashed parsnips.

SALMON CUTLETS.No. 64.

6 oz. cold cooked salmon.
1 gill milk.
1 teaspoon lemon juice.
Egg and breadcrumbs.

1 oz. butter.
1 oz. flour.
Salt and cayenne.

Chop the salmon with a sharp knife very fine; melt the butter, stir in the flour and milk, boil to a thick sauce, season, add the salmon and lemon juice, mix well and turn out on a plate to set and cool; make up into small cutlets the shape of a flattened pear, egg and breadcrumb them, fry in a basket to a golden colour in smoking hot fat; drain, dish in a circle and place fried parsley (No. 431) in the centre.

TARANTO OYSTERS.No. 65.

1 doz. oysters.
 2 oz. Parmesan cheese.
 Cayenne and salt.
 $\frac{1}{2}$ pint good stock.

1 oz. macaroni.
 1 oz. butter.
 $\frac{1}{2}$ gill cream.

Beard, and chop the oysters roughly, stew the macaroni until quite tender in the stock, strain and chop it finely; melt the butter in a saucepan, add the macaroni, oysters, cheese grated, cream and seasoning; make all hot, but do not boil; fill some small ramequins, sprinkle the top with a little red breadcrumbs and grated cheese; brown before the fire or in the oven for a few minutes without drying the mixture, and serve very hot.

TURBOT A LA CRÈME.No. 66.

$\frac{1}{2}$ lb. cooked turbot.
 $\frac{1}{2}$ gill cream.
 Sippets of fried bread.

$\frac{1}{2}$ pint cream sauce (No. 113).
 A little lemon juice.

Heat the cream sauce, take away the bones and dark skin from the turbot and break it into large flakes; put these into the hot sauce, add the cream and lemon juice gradually, season nicely with salt and cayenne pepper, and thoroughly warm the fish through without boiling the sauce or it might curdle; turn out on a dish, and place sippets round.

MEAT DISHES.

BRAISED NECK OF MUTTON.

No. 67.

| | |
|--------------------------------------|------------------------------|
| 1½-2 lb. best end neck of mutton. | 1 pint stock (No. 3). |
| 2 carrots. | 1 sprig parsley. |
| 2 turnips. | 1 sprig thyme. |
| 2 onions. | 6 peppercorns. |
| Half a head celery. | 1 small bay leaf. |
| Red breadcrumbs. | Salt and pepper. |
| ½ oz. flour. <i>1 tsp</i> | ½ oz. butter. <i>1 tsp</i> |

Saw off the spine bone, and trim off all but a thin layer of the fat from the mutton; put the stock into a saucepan with the herbs, spices and vegetables; cut up into diamond or square blocks; bring this to the boil; place the mutton on top of the vegetables, cover with a greased paper and the lid of the pan, and simmer very gently for about 1½ to 2 hours; take out the meat and sprinkle the fat side with red breadcrumbs; place on a dish with the vegetables arranged nicely round it; strain the braising stock, melt the butter and fry the flour brown in it; add the stock, previously removing the fat from it with kitchen paper; boil up, season nicely, and strain round the mutton. A few drops of caramel (No. 418) must be used if the sauce is not brown enough.

N.B.—Braising is an excellent method of cooking any kind of meat. It is an easy and economical way too,

retaining the nourishment, juices and flavour, and keeps the meat more tender than stewing, as it is generally done.

BEEF CURRY.

No. 68.

1 lb. fillet of beef.
1 large onion.
1 apple.
1 tomato.
Salt.
Little lemon juice.

1 oz. desiccated cocoanut. *2 tbs*
1 teaspoon brown sugar.
 $\frac{1}{2}$ oz. curry powder. *1 tbs*
 $\frac{3}{4}$ oz. flour. *4 tbs*
1 gill stock (No. 2). *1/2 c*
1 oz. butter. *1 tbs*

Heat the butter, slice the onion very thin, and fry to a light brown; add flour and curry powder, fry a little to take off the roughness, stir in the stock and salt, boil to a thick sauce; drop the tomato into boiling water for half a minute, skin it and slice thin; chop the apple; add these to the sauce with sugar and cocoanut; take fat and skin from the meat and cut it into 1 inch squares; put into the pan, and simmer all very gently for $1\frac{1}{2}$ to 2 hours; add lemon juice and serve the curry with freely boiled rice (No. 422).

N.B.—This will be found a very thick sauce at first, but will thin down with the juices from the fruit and meat.

BEEF OLIVES.

No. 69.

1 lb. rump steak.
Veal forcemeat (No. 180).
Mashed potatoes (No. 151).

1 pint brown sauce (No. 109).
1 teaspoon lemon juice.
 $\frac{1}{2}$ lb. tomatoes (No. 145). *1 c*

Cut the steak into thin slices about 4 inches long and 3 inches wide; beat them even with a cutlet bat or rolling pin and trim the edges neatly; shred the trimmings and put them into the forcemeat; spread a little

of this down the centre of each slice of beef, roll up loosely and tie round with string or cotton (not too tight, or it will make an ugly mark); heat the sauce, lay the olives in it and stew very gently with the lemon juice for $1\frac{1}{2}$ to 2 hours; take off the string, dish nicely on a bed or border of mashed potato, pour the sauce over and round, and garnish with the tomatoes.

BOILED MUTTON.No. 70.

| | |
|---|-------------------------------------|
| 2-3 lb. middle or best end neck of mutton. | 1 carrot. |
| 2 oz. Carolina rice. <i>2 tbsp</i> | 1 turnip. |
| 1 oz. butter. <i>1 tbsp</i> | 1 onion. |
| 1 oz. flour. <i>2 tbsp</i> | 1 sprig parsley. |
| Salt and pepper. | $\frac{1}{2}$ pint milk. <i>1 c</i> |
| | 1 tablespoon chopped parsley. |

A nice stock should be prepared to boil the mutton in in this way:—

Put into a stewpan just enough cold water to cover the meat, wash the rice, and cut the vegetables all into small squares; put these into the water with seasoning and parsley, and cook gently for 1 hour. See that the joint is properly jointed, cut away any superfluous fat and the marrow running along the bones. Weigh the meat and allow 20 minutes to each pound and 20 minutes over; put it into the prepared stock, draw to the side of the fire, and simmer it gently the whole time of cooking. Take up and coat over with the following sauce, place small heaps of rice and vegetables round as a garnish.

Sauce.—Melt the butter, cook the flour a minute or so in it, add the milk and half a pint of the mutton broth, season and stir to the boil; cook 3 or 4 minutes, add parsley (No. 432).

BEEF STEAK PIE.No. 71.

1 lb. rump steak.
 4 oz. beef kidney.
 1 teaspoon chopped parsley.
 1 oz. flour. *2 1/2 lbs*
 $\frac{3}{4}$ pint stock or water.

$\frac{1}{2}$ teaspoon thyme.
 Salt and pepper.
 $\frac{1}{2}$ lb. rough puff pastry (No. 238).

Cut the steak into very thin slices, also the kidney, taking away skin and gristle from both; mix the flour, salt and pepper on a plate, dip the meat into it, and roll a piece of kidney and fat into each slice, place the rolls lightly in a pie dish, and sprinkle them with parsley and thyme chopped very fine; add the water, roll the pastry out about a quarter of an inch thick; wet the edge of the pie dish, and line it with strips of pastry the same width, easing them round to allow for shrinking; wet the edge of pastry and place a lid on, pressing it lightly to the lining, flake round the edge of the pastry with the back of a knife; make a hole in the centre of the pie, and arrange some small leaves of pastry round it, put a rose or frill in the hole, brush the top all over with beaten egg, and bake the pie about an hour and a half.

N.B.—Cook the pastry in a hot part of the oven for about 20 minutes, then only a cool oven is required to cook the meat slowly.

BAKED VEAL OLIVES.No. 72.

1 lb. lean veal cutlet.
 4 oz. fat bacon.

Force meat (No. 180).
 $\frac{3}{4}$ pint brown sauce (No. 109).

Cut the veal into thin slices 4 inches long and about 3 inches wide, spread a little of the forcemeat down the centre of each and roll them up; trim nicely and wrap each one in a slice of fat bacon cut very thin, place them in a baking-tin, and bake in a moderate oven for about 40

minutes, or until the veal is quite tender, basting them from time to time with the fat ; dish them on a border of mashed potato or spinach, and pour the sauce round ; garnish with slices of lemon and hard boiled egg.

N.B.—These are nice served with tomato sauce (No. 131) instead of brown.

BRAISED FILLET OF BEEF.

No. 73.

| | |
|-----------------------|-------------------------|
| 1½-2 lb. lean fillet. | Horse raddish. |
| 2 carrots. | 1 sprig parsley. |
| 2 turnips. | 1 sprig thyme. |
| 2 onions. | 6 peppercorns. |
| 2 lettuces. | 1½ pints stock (No. 3). |
| Half a head celery. | 4 small tomatoes. |

Cut the carrots and turnips into oblong shapes, trim the lettuces and celery, leave the tomatoes and onions whole ; put these into a stewpan with the herbs, spices and stock, bring to the boil, lay the fillet trimmed on the top, cover with a greased paper, and simmer gently until the meat is tender 1½ to 2 hours ; place the meat on a dish and arrange the vegetables round it ; strain the stock and remove any fat with kitchen paper ; add a few drops of caramel (No. 418), and boil quickly to half its quantity with the lid of the pan off ; pour this over and round the meat, and serve garnished with grated horse raddish.

CALF'S HEAD ROLLED.

No. 74.

| | |
|----------------------|--------------------------|
| Half a calf's head. | 1 oz. butter. <i>17½</i> |
| Yolk of one egg. | 1 dessertspoon parsley. |
| Grated nutmeg. | ½ teaspoon thyme. |
| 3 oz. streaky bacon. | Seasoning. |
| 2 mushrooms. | 1 gill milk. |
| 3 oz. breadcrumbs. | |

Soak the head in chilled water in which there is

some salt for nearly 2 hours; cut out the tongue and brains, then cut away the splinter bones and anything discoloured and thoroughly clean it; with a sharp knife bone the head (this is easily done, beginning at the thin side, raising the meat from the bones); spread the meat out and season it well with salt and pepper; boil the milk, pour it over the bread and soak it; melt the butter, add the parsley and thyme finely chopped, nutmeg seasoning and bread; stir to a hot paste over the fire, take off, and beat in the yolk; spread this panada thick over the head and lay on next strips of the bacon and mushrooms, roll up and tie tightly in a pudding cloth. Put the bones into a pan with 3 quarts of cold water, and 1 dessertspoon of salt, bring to the boil, skim thoroughly. Boil the rolled head in this for $1\frac{1}{2}$ to 2 hours, take off the cloth, dish, and coat over with a pint of sauce (No. 132) in which place 1 tablespoon finely-chopped parsley.

The tongue can also be boiled in the stock skinned and used as a garnish. The brains skin carefully; after soaking in warm salt water, tie them in muslin and boil 10 minutes in the stock; when cold slice into half-inch pieces, egg and breadcrumb them and fry in hot fat; place round the dish.

N.B.—There will be an excellent stock for mock turtle soup.

CHICKEN WITH TOMATOES.

No. 75.

1 chicken.
6 white peppercorns.
1 sprig parsley.
Seasoning.
2 oz. long macaroni.

1 lb. tomatoes.
 $\frac{1}{2}$ pint white stock.
1 oz. butter. *1 Tbsp*
1 oz. flour. *2 Tbsp*
Bacon.

Truss the chicken for boiling, cut the tomatoes into

halves, place them in the bottom of a stewpan just large enough to hold the chicken, also parsley, peppercorns, stock and seasoning; bring to the boil; place the chicken on top, cover with a greased paper and braise gently for 1 hour; pass the tomatoes, etc., through a wire sieve; melt the butter in a saucepan, cook the flour in it, and stir in the tomatoes; boil; add the macaroni, cooked, and cut into short diamond-shaped lengths; boil all together, stirring, for 5 minutes. Dish the chicken and pour the tomatoes over; garnish with sippets of fried bread.

COMPÔTE OF PIGEONS.

No. 76.

2 pigeons.

$\frac{1}{2}$ oz. flour. *1 tsp*

1 strip orange rind.

Salt and cayenne.

Mashed potato.

$\frac{1}{2}$ oz. bacon.

$\frac{1}{2}$ oz. butter. *1 tsp*

$\frac{3}{4}$ pint stock (No. 3).

Sprig of parsley and thyme.

4 peppercorns.

Split the pigeons in half; cut the bacon up small and make it hot in a stewpan; fry the pigeons briskly, brown on both sides; take out, fry the flour, parsley, thyme and peppercorns brown; add the stock off the fire, stir to the boil; place the pigeons in the sauce, add orange rind and a wineglass of port; simmer gently from 40 minutes to 1 hour; arrange them on a bed of mashed potato, and strain the sauce over.

FILLETS OF HARE.

No. 77.

1 small hare.

1 carrot.

1 turnip.

1 onion.

1 pint water.

1 wineglass sherry.

1 orange.

Slices of bacon.

Sprig parsley.

Sprig thyme.

6 peppercorns.

1 oz. butter. *1 tsp*

1 oz. flour. *2 tsp*

6 cherries.

Cut the fillets from the hare into pieces $\frac{3}{4}$ of an inch thick, and not too small, as they shrink in the cooking ; season them with salt and pepper, and place a thin slice of bacon on each ; cut the vegetables into blocks ; put them in a pan with the stock, some hare bones, parsley, thyme and peppercorns ; bring to the boil ; place the fillets on top of vegetables, cover with a greased paper and simmer till the hare is quite tender ; arrange them round a border of mashed potato ; strain the stock and make it into a thick sauce with the flour and butter ; add the sherry and coat the fillets over ; quarter the orange, taking away all the pith, and boil it with the cherries in one tablespoon of sherry until tender (a few minutes will do this). Put in centre of dish.

FILLETS OF BEEF WITH SHRIMPS.No. 78.

1 lb. tender rump steak.
 $\frac{1}{2}$ pint good gravy or stock.
 $\frac{1}{4}$ pint picked shrimps.

1 oz. butter. *1 thick*
 $\frac{1}{2}$ oz. flour. *1 thick*
 Salt and cayenne.

Make the butter hot in a frying-pan ; cut the steak into neat round fillets and fry them briskly, turning frequently, for 8 or 10 minutes ; take out and place down the centre of a hot dish ; fry the flour brown in the butter ; stir in the stock and boil ; season and add the shrimps. Warm them through in the sauce, but do not boil them. Pour this all over the fillets and serve.

HARICOT STEAK.No. 79.

1 lb. rump steak.
 1 onion.
 1 carrot.
 1 turnip.
 $\frac{1}{4}$ pint small haricot beans.

1 oz. dripping or butter. *1 thick*
 1 oz. flour. *2 thick*
 1 pint water.
 Salt and pepper.

Slice the onion very thin and fry it in the butter melted ;

drain it and fry the steak on either side to a good brown quickly; take it out and fry the flour brown; add the water, seasoning and stir to the boil; take off the fire and put in the onion, carrot and turnip; cut into small dice the haricots, which should have been gently boiling for $1\frac{1}{2}$ hours; place the steak on top, and stew all slowly together for $1\frac{1}{2}$ to 2 hours. In serving take up the meat on a dish, strain the sauce over it, and place the vegetables in a border all round the dish.

IRISH STEW.No. 80.

| | |
|--|---------------|
| $1\frac{1}{2}$ -2 lb. middle neck of mutton. | 2 onions. |
| 3 lb. potatoes. | 1 pint water. |
| Salt and pepper. | Flour. |

Cut most of the fat off the meat; take out the marrow running along the bones; cut into neat joints not too large; put this into a stewpan, add a teaspoon of salt and the water cold, bring to the boil, and directly the scum rises take the pan off the fire and skim thoroughly. Put in the onion sliced thinly, a little pepper, and dredge the gravy with flour slightly. (This should be done three or four times before the potatoes are put in; it takes up the fat and thickens the gravy.) Simmer gently for an hour; peel the potatoes and put them whole on the top of the meat; cook slowly again until the potatoes are done. Arrange the potatoes round the dish with the meat and gravy in the centre.

LAMB CUTLETS.No. 81.

| | |
|---|-----------------------------|
| $1\frac{1}{2}$ -2 lbs. neck of lamb. | $\frac{1}{2}$ lb. tomatoes. |
| $\frac{1}{2}$ teaspoon chopped onion. | 1 oz. butter. <i>1 tbs</i> |
| $\frac{1}{2}$ teaspoon chopped parsley. | Salt and pepper. |
| 2 tablespoons water. | Green peas. |

Cut and trim the cutlets, brush them over with salad oil, and grill them over a clear fire for 8 or 10 minutes, turning them frequently to prevent them getting dry or burnt. Drop the tomatoes into boiling water for half a minute, peel and slice them, put them into a saucepan with the water, butter, parsley, onion and seasoning; simmer till quite a soft pulp 10 minutes. Arrange the cutlets in a circle on a dish, pour the tomatoes round, and put a heap of peas in the centre.

MUTTON HOT POT.No. 82.

Trimnings from mutton cut-
lets.

1 onion.

1 oz. flour. *2 tbs*

2 lb. potatoes.

Salt and pepper.

$\frac{1}{2}$ pint stock (No. 3).

Take some of the fat away and cut the meat into small joints; slice the onion, put in a pie dish a layer of meat, then onion, and sprinkle freely with flour, salt and pepper, then more meat, and so on till the dish is three parts full; peel and cut the potatoes in halves, place these as a crust over the top, pour in the stock and dust a little flour on the potatoes; bake in a moderate oven for about $1\frac{1}{2}$ hours. Serve in the dish.

MUTTON CUTLETS.No. 83.

$1\frac{1}{2}$ -2 lb. best end neck of
mutton.

$\frac{1}{2}$ pint brown sauce (No. 109).

Mashed potatoes.

Seasoning.

1 egg.

Breadcrumbs.

2 carrots.

$\frac{1}{2}$ oz. butter. *1 tbs*

1 teaspoon chopped parsley.

Choose small mutton and quite the best end of the

neck to make neat cutlets. Saw off enough of the rib bones to leave the cutlets about three inches long; also saw off the spine bone without jagging the meat, cut the cutlets close against the bones on either side with a sharp knife, making them about half an inch thick. Cut away an inch of meat from the end of the bones and scrape them quite clean; those without bones should be trimmed to look like the others. Cut off all but a thin layer of fat, dip the cutlets in well-beaten egg, then in fine bread-crumbs; fry in smoking hot fat for 3 to 4 minutes, drain on kitchen paper, dish in a circle on mashed potato. Cut the carrot into small squares, boil it till tender in boiling salted water, drain and toss in the butter and parsley with seasoning, and place in the centre of the cutlets and pour the brown sauce round.

PORK CUTLETS.

No. 84.

1½ lbs. loin of pork.
 1 small onion.
 1 oz. butter. *17 drops*
 Seasoning.
 1 dessertspoon lemon juice.

¾ pint brown sauce (No. 109).
 Small blade mace.
 1 sprig parsley.
 ½ pint apple sauce.

Trim the cutlets as in the preceding recipe, make the butter hot in a frying pan, slice the onion very thin, season the cutlets on both sides with salt and pepper; fry them briskly with the onion, mace and parsley on both sides, then pour the brown sauce and lemon over them, cover with a greased paper and simmer gently for three quarters of an hour; dress in a circle on mashed potato, strain the sauce over and round them, and put thick apple sauce (No. 107) in the centre.

RIB OF BEEF A LA MODE.No. 85.

3-4 lb. back rib of beef.
 6 cloves.
 1 oz. flour. *2 tbs*
 Salt and pepper.

2 oz. butter or beef dripping. *2 tbs*
 1 pint stock (No. 3).
 Horse raddish.

Make the fat smoking hot in the stewpan, stick the cloves into the meat and fry it to a good brown on all sides very quickly, take it out and fry the flour brown, add the stock, season and boil up, put the meat back again into the pan, cover and simmer very gently till quite tender, about 2 hours. Serve with the sauce over and round and garnish with grated horse raddish.

ROLLED BEEF STEAK.No. 86.

1 lb. steak.
 1 oz. flour. *2 tbs*
 1 oz. butter. *1 tbs*
 Salt and cayenne pepper.

Forcemeat (No. 180).
 1 pint stock (No. 3).
 1 teaspoon lemon juice.
 Little grated nutmeg.

Beat the steak well with a rolling pin to a nice even thickness.

Spread a good layer of the forcemeat over it, season well with salt, pepper and grated nutmeg, roll up and sew with one or two stitches; make the butter smoking hot in the stewpan and fry the roll brown all round, but do not stick it with a fork; take it out, fry the flour brown, add stock and stir to the boil, when just off the boil put in the beef and lemon juice and simmer gently till quite tender, about $1\frac{1}{2}$ to 2 hours.

N.B.—This dish must cook very slowly or it will be tough.

RAGOUT OF VEAL.No. 87.

2 lb. breast of veal.
1 carrot.
1 turnip.
1 onion.

1 oz. dripping or butter. *1 tbs*
1 oz. flour. *2 tbs*
1 pint stock or water.
Salt and pepper.

Cut the veal in joints about three-quarters of an inch thick; slice the onion thin, make the fat hot, first fry the onion to a light brown and then the veal, next fry the flour, add the stock and seasoning and stir to the boil; cut the carrot and turnip into small squares, put them into the sauce, lay the meat on top and simmer for $1\frac{1}{2}$ to 2 hours. Arrange the veal in a circle on a dish, sauce over, and the vegetables place in the centre.

RABBIT PIE.No. 88.

1 rabbit.
4 oz. bacon.
1 hard-boiled egg.
Salt and pepper.
1 oz. flour. *2 tbs*

1 dessertspoon parsley.
 $\frac{1}{2}$ teaspoon thyme.
 $\frac{3}{4}$ pint stock (No. 3).
Little grated lemon.
 $\frac{1}{2}$ lb. short crust.

Soak the rabbit about an hour in salted lukewarm water to draw away the blood; clean it and dry on a cloth; cut into small joints and dip them in the flour seasoned with salt and pepper; arrange these in a pie dish with the bacon cut very thin, also slices of egg, and sprinkle with lemon, parsley and thyme chopped; add the stock and cover over with a nice short crust (No. 239); bake about 2 hours.

N.B.—Use the same recipe for veal and ham pie.

ROAST BREAST OF MUTTON OR VEAL.No. 89.

| | |
|--|-----------------------|
| 2-3 lb. middle breast mutton or veal. | Force meat (No. 180). |
| 1 carrot. | 1 pint water. |
| 1 turnip. | 1 sprig parsley. |
| 1 onion. | 1 sprig thyme. |
| 1 oz. flour. <i>2 tbsp</i> | 3 or 4 peppercorns. |
| | Caramel (No. 418). |

Lay the veal on the board, and with a sharp knife take out all the short bones with as little waste as possible; season the meat with salt and pepper, and spread the forcemeat down the middle, roll up and sew together with a few stitches, put it on the baking tin with a good piece of dripping, and place in the hottest part of the oven for about 10 minutes, then in a cooler part, and baste frequently, as it will help to cook it through nicely and keep it tender. It will take about 2 hours to roast. In the meantime make a nice stock with the bones, put them into a saucepan with the cold water and a little salt, bring to the boil and skim; then add the vegetables cleaned and cut in quarters, parsley, thyme and peppercorns, a few drops of caramel, and simmer gently while the meat is cooking; strain, take up the meat when cooked, pour off the dripping, stir the flour into the roasting tin, then add the stock. Give one good boil up and strain round the joint.

*Boiled Beef*STEWED BRISKET OF BEEF.No. 90.

| | |
|--------------------------|------------------|
| 3-4 lb. brisket of beef. | 2 cloves. |
| 2 carrots. | 1 sprig parsley. |
| 2 turnips. | 1 sprig thyme. |
| 2 onions. | 12 peppercorns. |

Lay the beef in pickle for 5 or 6 days (see No. 412),

put it into a stewpan and just cover it with warm water; bring to the boil gently and skim thoroughly; add the vegetables cut in quarters, herbs and spices, and simmer the joint very gently for 3 hours, or a little longer if not quite tender in that time. Take it up and press it till the next day between two dishes with weights on the top, but not too heavy, or it makes the meat dry, trim it neatly, and glaze the surface with meat glaze (No. 417). Send to table garnished with parsley or endive, and decorate with a few red breadcrumbs.

STEWED VEAL.

No. 91.

1 lb. thick veal cutlet.
1 oz. butter. *1 tbs*
1 onion.
1 blade mace.

1 dessertspoon lemon juice.
1 oz. flour. *2 tbs*
1 pint stock or water. *2 c*
1 sprig parsley.

Make the butter hot in a stewpan, slice the onion thin, and fry it a few minutes with the mace and parsley; then fry the veal slightly, whole, a light brown; take out and fry the flour brown, add stock and boil up, season and add lemon juice; put in the veal and stew gently for about 1 hour; strain the sauce over and garnish the dish with quarters of hard-boiled egg, slices of lemon and rolls of bacon.

STEWED OX TAIL.

No. 92.

1 small ox tail.
1 oz. flour. *2 tbs*
1 carrot.
1 turnip.
6 peppercorns.
1 small bay leaf.

2 oz. butter or dripping. *2 tbs*
1 onion.
1 pint water. *2 c*
Salt and pepper.
1 sprig parsley.
1 sprig thyme.

Cover the tail with cold water in a stewpan, bring to

the boil, take out and dry it on a cloth ; cut it into joints and take away the fat from the root end.

Make the butter smoking hot in the stewpan, put in the pieces of tail, the vegetables sliced, the herbs and spice ; cover the pan and fry the contents briskly for quite 10 minutes, shaking the pan to prevent burning ; next stir in the flour and fry it, add the water by degrees, season and simmer very gently from 2 to 3 hours. Arrange the pieces of tail nicely on a dish and strain the sauce over ; garnish with heaps of cooked carrot and macaroni.

STEWED BREAST OF VEAL.

No. 93.

2 lb. middle breast of veal.

Force meat (No. 180).

1 carrot.

1 oz. butter. *1 lb. 6*

1 oz. flour. *2 lb. 6*

1 tablespoon chopped parsley.

1 turnip.

1 onion.

1 oz. Carolina rice. *1 lb. 6*

1 sprig parsley.

$\frac{1}{2}$ pint milk. *10*

Seasoning.

Take out all the short bones with a sharp knife, put them into a stewpan with enough cold water just to cover the meat, add a little salt, bring to the boil and skim ; next put in the vegetables, cut into small squares, parsley, and a little pepper ; simmer for 1 hour ; spread the forcemeat down the middle of the veal, roll and sew it up loosely ; put it into the stock, boil 2 minutes, draw off the fire and simmer $1\frac{1}{2}$ hours.

Melt the butter, cook the flour in it a minute or so, stir in the milk and half a pint of the veal broth, boil up stirring, add the parsley, take out the string from the veal, pour the sauce over it and garnish with some of the rice and vegetables ; put a little parsley into the soup tureen, take out the bones and pour the broth over and serve separately.

STEWED CALF'S LIVER.No. 94.

1 lb. calf's liver.
 2 oz. bacon.
 1 sprig thyme.
 6 peppercorns.
 $\frac{3}{4}$ pint stock (No. 3).

1 carrot.
 1 onion.
 1 sprig parsley.
 1 oz. flour. *2 tbsp*
 Salt and pepper.

Cut the bacon into very thin slices and fry it lightly in the stewpan; take it out, cut the liver into slices quite half an inch thick, dip them into the flour, fry these slightly in the bacon fat on each side, take off the fire, add the stock, vegetables cut into dice, parsley, thyme and peppercorns, season, and stew very gently for about 1 hour. Arrange the liver neatly on a dish, garnish with the vegetables and bacon, which can be heated a few minutes in the gravy, and serve in a border of boiled rice (No. 422).

STEWED SWEETBREAD (I.).No. 95.

1 or 2 nice ox sweetbreads.
 1 oz. butter. *1 thick*
 1 oz. flour. *2 tbsp*
 1 tablespoon sherry.
 Salt and pepper.

3 or 4 mushrooms.
 1 pint stock. *2 c*
 1 shalot.
 1 thick slice of bread.

Blanch the sweetbreads, that is, place them in a stewpan; cover with cold water and boil them 5 minutes; dry them and cut away the fat and muscle round them; chop the mushrooms and shalot roughly; fry them 5 minutes in the butter, next fry the flour, add the stock, season, and stir to the boil, add a few drops of caramel and the sherry; simmer the sweetbread in this sauce for 1 hour or until quite tender; cut the bread into an oblong block and fry it brown in smoking hot fat, drain it, place the sweetbread on it and sauce over.

STEWED SWEETBREAD (II.).No. 96.

2 ox sweetbreads.
Yolk of one egg.
Salt and cayenne.

$\frac{1}{2}$ pint white sauce (No. 133). 1 ✓
1 dessertspoon parsley.
1 teaspoon lemon juice.

Blanch the sweetbreads as in the foregoing recipe; cut them into thin slices, heat the sauce, place the breads in it and simmer very gently till tender (about 40 minutes), stirring frequently; take off the fire; stir in the egg yolk, parsley and lemon; cook slowly a minute or two, pour out on a dish, and serve sippets of fried bread round.

N.B.—They are nice stewed in tomato sauce instead of the white, leaving out the yolk.

STEWED TRIPE.No. 97.

1 lb. thin tripe.
1 pint milk. 2 ✓
Salt and pepper.
1 dessertspoon parsley.

1 oz. Carolina rice. 1 1/2 ✓
1 onion.
 $\frac{1}{2}$ oz. butter. 1 1/2 ✓
Sippets of toast.

Blanch the tripe (No. 94); cut it into short lengths about 2 inches wide; put it into a stewpan with the milk, rice washed, onion sliced, butter and seasoning; simmer very gently together for about $1\frac{1}{2}$ hours, stirring frequently, or it will burn. Serve on a dish with the parsley, finely chopped, sprinkled over and the sippets round.

STEWED BEEF WITH MACARONI.No. 98.

1 lb. lean fillet of beef.
1 pint stock (No. 3). 2 ✓
3 oz. Parmesan cheese. 6 1/2 ✓

2 onions.
2 oz. butter. 2 1/2 ✓
4 oz. macaroni.

Make 1 ounce of the butter hot; fry the onions sliced

to a good brown in it ; also fry the beef brown on either side ; put these in a stewpan and simmer gently with the stock for three-quarters of an hour, when break up the macaroni, put it in and stew until all is tender ; make the rest of the butter hot, strain the gravy round the beef on a dish, put the macaroni into the hot butter, add the cheese grated and a liberal sprinkling of cayenne pepper ; make hot, place it round the beef and serve.

STEWED BEEF WITH RICE.

No. 99.

$\frac{3}{4}$ lb. lean beef.

1 tablespoon flour.

1 oz. rice. *1 1/2 cups*

Salt and pepper.

1 onion.

1 pint water. *2 c*

1 oz. butter. *1 Tbsp*

Chop the onion, make the butter hot in a stewpan, fry it with the flour to a good brown, add the water and seasoning, also a few drops of caramel (No. 418) ; boil to a smooth sauce ; take off the fire, cut the meat into square pieces, add it with the rice washed to the sauce ; let the whole stew very gently together until the meat is quite tender. Serve in a border of spinach (No. 144) or of shredded and cooked carrot.

SHEEP'S LIVER BAKED.

No. 100.

1 lb. liver.

1 teaspoon sage.

1 onion.

$\frac{1}{2}$ pint stock (No. 3).

4 oz. streaky bacon.

Salt and pepper.

1 oz. breadcrumbs.

Half an egg.

Cut the liver half an inch thick into even slices, dip each piece into flour mixed with a little salt and pepper ; place these on a well-greased baking tin ; boil the onion quite tender and chop it fine with the sage ; mix this with the breadcrumbs and egg beaten, season and spread

a portion over each piece of liver on the tin. Over this put a thin slice of bacon, and sprinkle with brown bread-crumbs; pour the stock round and bake in a moderate oven for $\frac{3}{4}$ to 1 hour. Serve with the gravy round.

STEWED RABBIT.No. 101.

| | |
|------------------------|--------------------|
| 1 rabbit. | 1 onion. |
| 1 oz. butter. | 1 carrot. |
| 2 oz. bacon. | 1 turnip. |
| 1 oz. flour. | 1 stick of celery. |
| 1 pint stock or water. | Salt and pepper. |

Soak the rabbit about an hour in lukewarm water with a little salt in it; dry it and cut into small joints; roll these well in the flour; fry the bacon in small thin slices; put it on one side; melt the butter with the bacon fat; slice the onion thinly and fry to a light brown; take it out and fry the rabbit on all sides quickly, so as not to harden it; if there is any fat left pour it out of the pan, put in the rabbit, the onion, vegetables cut into small squares, stock and seasoning; simmer very gently about 2 hours. Just before dishing, put the bacon on top of the meat to warm through. Arrange the rabbit and bacon in the centre of a dish; strain the sauce over and garnish with the vegetables.

SALMI OF COLD GAME.No. 102.

| | |
|------------------------------------|----------------------|
| Remains of cold game. | 1 oz. butter. |
| $\frac{3}{4}$ pint stock or water. | 1 oz. flour. |
| 1 onion. | 1 strip orange rind. |
| 6 peppercorns. | Salt and pepper. |
| 1 wineglass port wine. | Fried bread. |
| 1 dessertspoon red currant jelly. | 1 sprig parsley. |

Cut off the meat in neat joints; break up the bones,

carcase, etc., and put them into a stewpan with the stock, orange, onion cut in quarters, peppercorns and parsley; simmer this stock gently about 1 hour; strain it; melt the butter; fry the flour brown in it; add the stock a little at a time; season and boil up; take off the fire, put in the game, jelly and port wine; simmer gently by the side of the fire for half an hour. Arrange the joints nicely on a dish; strain the sauce over and round and decorate with sippets of fried bread.

VIENNA STEAKS.

No. 103.

$\frac{1}{2}$ lb. rump steak.

$\frac{1}{2}$ oz. flour.

1 dessertspoon parsley.

$\frac{1}{2}$ teaspoon chopped thyme.

1 oz. butter.

Half a beaten egg.

Salt and pepper.

2 medium onions.

$\frac{1}{2}$ pint brown sauce (No. 109).

Take the fat and skin from the steak and scrape it up very fine, as small as possible; put it into a basin; add the flour, seasoning, parsley finely chopped, thyme and beaten egg; mix all this well together, cover the basin and stand by for half an hour or so, for the mixture to get nicely flavoured; then make the meat into small round cakes or fillets about half an inch thick, using a very little flour to keep them from sticking to the board; make the butter smoking hot; put in the fillets, shake the pan to prevent them sticking; fry gently for about 10 minutes, turning them with a knife frequently; dish them on mashed potato, with the brown sauce round and onion fritters in the centre.

For the fritters use the other half of the egg. Cut the onions into thin rings, dip them first in flour, then in the egg and again in flour; fry these in smoking hot fat to a light golden colour; drain on kitchen paper.

VEAL CUTLETS STEWED.No. 104.

| | |
|--|-------------------------------|
| $\frac{3}{4}$ -1 lb. lean veal cutlet. | 1 pint brown sauce (No. 109). |
| Egg and breadcrumbs. | 1 hard-boiled egg. |
| 1 dessertspoon lemon juice. | Mashed potatoes (No. 151). |

Cut the veal into slices half an inch thick, beat with a rolling pin, and trim into nice round cutlets; egg and crumb them very neatly, and fry a light brown in smoking hot fat; drain. Have the sauce hot, but not boiling, in a stewpan; put in the cutlets, add the lemon juice and stew gently for half an hour; dish up in a circle on mashed potato or spinach and pour the sauce round. Serve rolls of bacon and the egg cut in quarters in the centre and garnish with slices of lemon.

VEAL SHAPE.No. 105.

| | |
|-----------------------|---------------------------------|
| 1 lb. lean veal. | 1 hard-boiled egg. |
| 4 oz. bacon. | 1 dessertspoon chopped parsley. |
| 1 pint stock (No. 2). | $\frac{1}{2}$ teaspoon thyme. |
| Seasoning. | |

Take away the fat and skin and cut the veal into small square pieces (about $\frac{1}{2}$ inch); slice the egg and decorate the bottom of a plain mould with some of it; cut the bacon into small pieces; place the veal and bacon in layers in the tin, sprinkling with the thyme and parsley chopped fine; season and fill the tin with stock; cover with a greased paper and bake in a slow oven for 2 hours. It is a good plan to put a baking tin on top of the mould while it is baking to keep it flat; when cold turn out and decorate with parsley.

SAUCES.

ANCHOVY SAUCE.

No. 106.

| | |
|--------------------|---------------------------|
| 1 or 2 fish bones. | $\frac{3}{4}$ pint water. |
| 3 peppercorns. | $\frac{1}{2}$ oz. flour. |
| 1 sprig parsley. | $\frac{1}{2}$ oz. butter. |
| Anchovy essence. | Seasoning. |

In making any kind of fish sauce, fish stock or fish stock and milk is always better than water, or milk alone. Any kind of fish bones may be used—those generally from the fish you happen to be cooking.

Break up the fish bones, cut off the head, which is not used; put them into a stewpan with the cold water, parsley and peppercorns; season and simmer slowly for 10 minutes; skim and strain the stock, melt the butter, but do not burn it; stir in the flour, cook it a minute or so to make the sauce smooth and shiny, take off the fire and mix in the stock a little at a time, stir to the boil; cook for 2 minutes, take off the fire and add enough anchovy essence to colour and flavour the sauce to taste; strain into the sauce-boat.

APPLE SAUCE.

No. 107.

| | |
|---------------------------|--------------------|
| 1 lb. cooking apples. | 2 oz. brown sugar. |
| $\frac{1}{2}$ gill water. | |

Peel, core and cut the apples into quarters; put them,

with the water and sugar, into a saucepan ; cover and boil quickly to a thick pulp. Do not stir the sauce, but shake the pan to prevent the apples burning ; when quite soft and thick pass through a wire sieve, heat up again and serve.

BREAD SAUCE.No. 108.

$\frac{1}{2}$ pint milk.
1 oz. butter.
1 small onion.

2 oz. breadcrumbs.
6 white peppercorns.
Salt and pepper.

Put the butter, onion whole, seasoning and peppercorns into the milk in a very clean saucepan, simmer slowly for 10 minutes, add the breadcrumbs and simmer 10 or 15 minutes longer, until the sauce is of the consistency of thick cream, when take out the peppercorns and onion, and beat the sauce with a wooden spoon over the fire till it is very white. If too thick a little more milk must be added.

BROWN SAUCE.No. 109.

1 oz. butter.
1 oz. flour.
1 pint stock (No. 3).
1 sprig parsley.
1 sprig thyme.
Seasoning.

1 carrot.
1 turnip.
1 onion.
1 stick celery.
6 peppercorns.

Cut all the vegetables into small and thin slices, make the butter hot and fry them for 10 minutes with the parsley, thyme and peppercorns ; then fry the flour a few minutes, mix in the stock off the fire, season, stir to the boil, then simmer the sauce slowly for half an hour ; strain. A few drops of caramel (No. 418) must be added to make it a good brown colour.

BRANDY SAUCE.No. 110.

| | |
|--------------------------|-----------------------------------|
| 1 oz. butter. | $\frac{1}{2}$ pint water or milk. |
| $\frac{1}{2}$ oz. flour. | 1 oz. Demarara sugar. |
| 1 wineglass brandy. | 1 strip orange rind. |

Melt the butter ; cook the flour in it without browning, add water and orange and stir to the boil ; mix in sugar and brandy and strain the sauce.

BUTTER SAUCE.No. 111.

3 oz. butter.

Melt the butter slowly in a sauce pan, and boil it gently until the buttermilk and water have evaporated, when skim thoroughly ; pour off the clear butter, leaving the sediment at the bottom of the pan.

CORNFLOUR SAUCE.No. 112.

| | |
|----------------------------|--------------------------|
| 1 good teaspoon cornflour. | $\frac{1}{2}$ pint milk. |
| 1 strip lemon rind. | 1 oz. castor sugar. |

Boil the milk with the lemon, taking care that it does not burn ; stir the cornflour to a smooth cream with a little cold milk ; stir the boiling milk to this, return to the saucepan and boil gently for 2 or 3 minutes, stirring well all the time ; take out the lemon and add the sugar. Strain the sauce if necessary.

CREAM SAUCE.No. 113.

| | |
|---------------------------|---------------------------|
| $\frac{1}{2}$ oz. butter. | $\frac{1}{2}$ pint milk. |
| $\frac{1}{2}$ oz. flour. | Yolk of one egg. |
| 1 tablespoon cream. | Sugar or salt and pepper. |

This sauce may be used for sweet or savoury dishes.

Melt the butter ; cook the flour in it a little ; take off the fire and stir in the milk, boil for 2 minutes, stir the egg yolk and cream together, and add a little at a time to the sauce. Sweeten or season as required.

N.B.—This sauce may be flavoured with a little spice or vanilla or almond essences.

CUSTARD SAUCE.No. 114.

1 whole egg.
1 yolk of egg.
4 drops vanilla essence.

$\frac{1}{2}$ pint milk.
1 oz. castor sugar.

Whisk the eggs in a basin ; boil the milk and whisk it on to the eggs a little at a time or it will curdle ; pour this into a jug ; stand the jug in a pan of simmering water and stir the custard until it will coat the spoon thickly ; take out immediately and stir in the flavouring and sugar.

CHERRY SAUCE.No. 115.

2 oz. crystallised cherries.
2 oz. loaf sugar.
A few drops cochineal.

$\frac{1}{2}$ pint water.
1 tablespoon lemon juice.

Put the water, lemon and sugar into a saucepan and boil it slowly for 15 minutes ; skim if necessary ; take off the fire, cut the cherries in quarters, put them in and add a few drops of cochineal to make the sauce cherry colour. Allow to go cold in a basin.

EGG SAUCE.No. 116.

1 hard-boiled egg.

 $\frac{1}{2}$ pint milk or water.

1 oz. butter.

Salt and pepper.

 $\frac{1}{2}$ oz. flour.

Put the egg into boiling water and boil it gently for 10 to 12 minutes; melt the butter, cook the flour in it for a minute or two, add the milk and seasoning and stir to the boil; cook for 2 minutes; chop the egg finely and put into the sauce.

FISH SAUCE.No. 117.

The bones of a plaice, sole or whiting.

 $\frac{1}{2}$ pint milk.

1 oz. butter.

 $\frac{1}{2}$ pint water.

1 oz. flour.

1 small piece carrot.

1 small onion.

1 small piece turnip.

1 small bay leaf.

1 small piece celery.

1 sprig parsley.

6 peppercorns.

1 sprig thyme.

Seasoning.

Cut the head off the bones, wash and break them up, put them into a saucepan with the vegetables left in blocks, the herbs and spice; season and pour over them the milk and water; simmer the stock slowly for 10 minutes; strain; dissolve the butter and cook the flour in it slowly for 3 or 4 minutes to make the sauce shiny, then off the fire, mix in the stock, stir to the boil and cook for 5 minutes; strain the sauce.

GREEN SAUCE.No. 118.

1 doz. green onion stalks.

1 doz. sprigs parsley.

A few sprigs tarragon.

1 oz. butter.

 $\frac{1}{2}$ pint melted butter (No. 123).

Salt and cayenne.

Wash the parsley and onions and throw them into a

pan of boiling salted water, boil until just tender, drain them and pound to a paste with the butter in a mortar; whisk this to the melted butter hot, give the sauce a good boil up, and add 1 teaspoon of tarragon vinegar.

N.B.—This makes a nice sauce for mackerel or any kind of fish.

GHERKIN SAUCE.No. 119.

| | |
|---------------------------------|-----------------------------|
| $\frac{1}{2}$ oz. butter. | $\frac{3}{4}$ pint water. |
| $\frac{1}{2}$ oz. flour. | The yolk of one egg. |
| 1 dessertspoon chopped gherkin. | Salt and pepper. |
| | 1 dessertspoon lemon juice. |

Melt the butter; cook the flour in it; add the water and stir to the boil; season; chop the gherkin very fine and stir it into the sauce with the yolk and lemon juice; gently reheat and serve.

GINGER SAUCE.No. 120.

| | |
|----------------------------|---------------------------|
| 2 oz. crystallised ginger. | $\frac{1}{2}$ pint water. |
| 2 oz. loaf sugar. | A few drops caramel. |

Boil the sugar and water to a nice syrup about 15 to 20 minutes, slowly; skim it; cut the ginger into small dice, put it into the syrup and allow to go cold.

MAYONNAISE SAUCE.No. 121.

| | |
|-------------------------------|---------------------------|
| 2 yolks of eggs. | 1 gill salad oil. |
| 1 tablespoon vinegar. | 1 teaspoon Chili vinegar. |
| 2 teaspoons tarragon vinegar. | Salt and pepper. |

Put the yolks into a basin; add the salad oil (a few drops only at a time), stirring vigorously the whole time

until the sauce is very thick and smooth; next stir in the vinegar gradually and the seasoning. More vinegar can be added if liked.

MUSTARD SAUCE.

No. 122.

| | |
|-----------------------------|-----------------------------|
| 1 or 2 mackerel bones. | 6 peppercorns. |
| 1 bay leaf. | $\frac{1}{2}$ oz. flour. |
| 1 teaspoon of mustard. | $\frac{1}{2}$ oz. butter. |
| $1\frac{1}{2}$ gills water. | $\frac{1}{2}$ gill vinegar. |
| Salt and pepper. | |

Break up the fish bones; put them into a saucepan with the water, vinegar, bay leaf and peppercorns; simmer gently for 5 or 6 minutes; melt the butter in a saucepan; cook the flour and mustard a minute or two; strain and add the stock by degrees; boil 5 or 6 minutes.

MELTED BUTTER.

No. 123.

| | |
|----------------------------|------------------|
| $1\frac{1}{2}$ oz. butter. | 1 oz. flour. |
| 1 pint water. | Salt and pepper. |

Melt the butter; cook the flour well in it without browning; add the water a little at a time, beating the sauce well to make it a good colour; season and stir to the boil; cook for 4 or 5 minutes; strain.

MINT SAUCE.

No. 124.

| | |
|------------------------------------|-----------------------------|
| 1 gill vinegar. | 2 tablespoons chopped mint. |
| $1\frac{1}{2}$ oz. Demarara sugar. | Pinch of salt. |

Pick the mint off close to the stalks and chop it as fine as possible; put it into the sauce tureen and pour the vinegar over it; add the sugar; stir until it is quite dissolved.

MAÎTRE D'HÔTEL SAUCE.No. 125.

| | |
|---------------------------|------------------------------------|
| $\frac{1}{2}$ oz. butter. | $\frac{1}{2}$ pint stock or water. |
| $\frac{1}{2}$ oz. flour. | 1 dessertspoon parsley. |
| Salt and cayenne pepper. | 1 dessertspoon lemon juice. |

Melt the butter ; cook the flour a minute in it ; add water and stir to the boil ; take off the fire and add parsley (No. 432), lemon and seasoning.

ONION SAUCE.No. 126.

| | |
|--------------------------|--------------------------|
| 4 medium-sized onions. | $\frac{3}{4}$ pint milk. |
| 1 oz. butter. | Salt and pepper. |
| $\frac{3}{4}$ oz. flour. | |

Peel the onions, put them into a pan of boiling salted water, and boil gently for 15 minutes, when throw them into another pan of boiling salted water, and boil until quite tender, about $1\frac{1}{2}$ to 2 hours ; drain. Changing the water will keep the onions a nice white colour. Chop them very fine, or pass them through a wire sieve ; let all water drain away from them ; melt the butter, cook the flour in it, add the milk a little at a time, and stir to the boil ; season and add the onions, boil up once again and serve.

PIQUANTE SAUCE.No. 127.

| | |
|---|----------------------------|
| $\frac{1}{2}$ pint brown sauce (No. 109). | $\frac{1}{2}$ oz. butter. |
| 1 teaspoon tarragon vinegar. | 1 teaspoon chopped onion. |
| 1 tablespoon malt vinegar. | 1 teaspoon French mustard. |
| Seasoning. | |

Make the butter hot and fry the onion brown in it ; add the vinegars and reduce a little ; add the brown sauce ; simmer 15 to 20 minutes, skim the sauce if necessary, and add the mustard, but do not boil after.

RASPBERRY SAUCE.No. 128.

2 tablespoons raspberry jam.
1 oz. loaf sugar.

1 tablespoon lemon juice.
1 gill water.

Put all the ingredients into a saucepan, do not stir, but boil slowly for 15 minutes, skimming as the skum rises to make the sauce clear; strain.

SWEET SAUCE.No. 129.

$\frac{1}{2}$ oz. butter.

$\frac{1}{2}$ pint milk.

$\frac{1}{2}$ oz. flour.

1 or 2 strips lemon rind.

A pinch of salt.

1 oz. castor sugar.

Melt the butter, stir in the flour, cook a little; add the milk and lemon rind, boil and stir in the sugar; strain.

SHRIMP SAUCE.No. 130.

1 oz. butter.

1 pint water.

1 oz. flour.

$\frac{1}{2}$ pint shrimps.

1 blade mace.

Salt and cayenne.

Pick the shrimps, put the shells, the mace, seasoning and water in a saucepan, and simmer gently for 5 or 6 minutes, not longer, or the stock will become bitter; strain, melt the butter, cook the flour in it, add the shrimp stock, and stir to the boil; put in the shrimps and warm them through without boiling.

TOMATO SAUCE.No. 131.

$\frac{1}{2}$ oz. butter.

$\frac{3}{4}$ oz. flour.

$\frac{1}{2}$ oz. bacon.

$\frac{1}{2}$ lb. tomatoes.

1 carrot.

1 sprig parsley.

1 turnip.

1 sprig thyme.

1 onion.

6 peppercorns.

$\frac{1}{2}$ pint stock (No. 2).

Seasoning.

Dissolve the bacon cut up with the butter, in a sauce-

pan, slice all the vegetables thin and small and fry them with the parsley, thyme and peppercorns, without browning; stir in the flour, fry it a little, then off the fire stir in the stock gradually, add the tomatoes sliced and seasoning; simmer slowly, stirring occasionally for 1 hour, pass through a hair sieve, reheat and serve.

WHITE SAUCE.No. 132.

1 oz. butter.
1 oz. flour.
1 sprig parsley.
1 bay leaf.
6 peppercorns.

1 pint milk.
1 small piece carrot.
1 small piece turnip.
1 small onion.
Salt and pepper.

Put the milk into a saucepan, and into it the carrot, turnip, onion left whole, parsley, thyme, bayleaf and peppercorns; simmer very slowly, or the milk will curdle, for 10 to 15 minutes. The vegetables must not be cut small, or they will break off and discolour the milk. In the meantime, blend the butter and flour well together in a saucepan, strain and add the milk stock by degrees; stir to the boil and cook for 5 minutes, taking care it does not burn; strain through a fine strainer.

WHITE SAUCE, PLAIN.No. 133.

1 oz. butter.
 $\frac{3}{4}$ oz. flour.

$\frac{1}{2}$ pint milk.
Salt and pepper.

Melt the butter, stir in the flour, cook a little without browning, add milk and seasoning; boil 2 or 3 minutes, stirring and beating well to make the sauce nice and white.

VEGETABLES

(PLAIN AND DRESSED).

ARTICHOKES.

No. 134.

2 lb. Jerusalem artichokes. | $\frac{1}{2}$ pint white sauce (No. 133).

The artichokes should be cooked as soon after they are dug up as possible. Choose them all one size, throw them into cold water and scrub them; peel them thinly and rinse them in cold water, in which there is a little vinegar or lemon juice (this will help to keep them white). Have a large pan of boiling water on the fire; throw in a tablespoon of milk and about the same of lemon juice, also salt in the proportion of 1 small teaspoon to each pint of water used. Cook the artichokes briskly in this for about half an hour; drain them well and serve coated with sauce.

ARTICHOKES STUFFED.

No. 135.

| | |
|-----------------------------|---|
| 1 lb. Jerusalem artichokes. | $\frac{1}{2}$ pint white sauce (No. 133). |
| 2 oz. lean ham. | 1 teaspoon lemon juice. |

Choose rather large and good-shaped artichokes; boil them as in the preceding recipe; when tender take them up on a clean cloth, and with a teaspoon scoop out the centres, leaving a nice casing. Heat the sauce and add

the lemon ; take enough of it to form the ham freed from fat, and chopped very fine into a creamy paste rather thick ; fill in the artichokes with this, place them in the dish, and coat all over with the remaining sauce. Serve very hot.

BOILED CELERY.

No. 136.

1 or 2 heads celery.

| 1 pint white sauce (No. 133).

Put on a large pan of water ; when boiling add a dash of milk and a few drops of vinegar or lemon juice ; scrape the celery, using the nice parts only ; cut it into quarters and then into about 6-inch lengths ; tie it up in bundles ; put them into the prepared water ; boil gently for half an hour (over-cooking will spoil the colour and flavour) ; drain well, place in a dish and sauce over.

N.B.—Celery may be served with brown sauce (No. 109) also if liked.

BOILED ASPARAGUS.

No. 137.

25 heads asparagus.

| A slice of toast.

3 oz. butter sauce (No. 111).

Scrape the asparagus in water, rinse and tie up in bundles ; cut off the white end, leaving the sticks about 4 inches long ; throw into plenty of boiling salted water ; boil gently for 20 to 30 minutes, drain and serve on a slice of toast to absorb all the water. Hand the sauce round.

BOILING GREEN VEGETABLES.

No. 138.

In boiling all green vegetables, with one or two exceptions, the same rules should be observed. Always use

plenty of water for cleaning and cooking them (the more the better). The water should be prepared before the vegetables are put in. Take 1 small teaspoon of salt to each pint used, also as much common soda as would cover a threepenny piece (this does for a large pan); boil the water, salt and soda fast for 5 minutes and skim it if necessary; clean the vegetables and soak them for an hour in cold water and cut away the hard stalks from cabbages, etc.; drain them in a colander and throw them into the water; boil very fast for 20 to 30 minutes. Do not over-boil them, or the flavour and colour is spoilt. Directly they are tender drain them very dry and serve at once.

CAULIFLOWER AU GRATIN.

No. 139.

1 nice cauliflower.

2 oz. Parmesan cheese.

$\frac{1}{2}$ teaspoon mixed mustard.

$\frac{1}{2}$ pint white sauce (No. 133).

Salt and cayenne pepper.

Trim most of the green part away from the flower and cut off the hard stalk; place the cauliflower in plenty of salted boiling water, flower downwards to keep it white, and boil gently in order not to break it till tender 20 to 30 minutes, according to size; take it up on a clean cloth and absorb all the water; place in a deep gratin dish, heat the sauce, stir in the cheese grated and mustard, and cover the cauliflower completely over; sprinkle it on top with a little grated cheese, and place in a hot oven or before a clear fire to brown.

CAULIFLOWER WITH BROWN SAUCE.

No. 140.

1 nice cauliflower.

1 carrot.

$\frac{1}{4}$ oz. butter.

$\frac{1}{2}$ pint brown sauce (No. 109).

1 teaspoon parsley.

Cook the cauliflower as in the preceding recipe ; heat the sauce and cover the flower with it ; cut the carrot into small diamond-shaped pieces and boil till tender in boiling salted water ; drain and toss in the butter and parsley finely chopped ; sprinkle this over the cauliflower and serve.

COLCANNON.No. 141.

| | |
|-----------------------|----------------------------------|
| Cold vegetables. | 1 lb. mashed potatoes (No. 151). |
| 1 tablespoon parsley. | 1½ oz. butter or dripping. |

This is a nice way of using up the remains of any kind of cold vegetables (the greater variety the nicer the dish). Take cold carrots, turnip, cauliflower, cabbage—about equal quantities of each—and chop them up ; then mix well with the mashed potatoes, parsley finely chopped and seasoning. Make the fat smoking hot in the frying-pan ; put in the mixture, smooth over and shake the pan to prevent the vegetables sticking ; fry to a good brown on the underneath side and turn out in shape on to a hot dish, or the mixture may be baked in a pie-dish, greased and lined with brown breadcrumbs.

DRESSED CARROTS (I.).No. 142.

| | |
|---------------------------|-------------------------|
| 1 doz. small new carrots. | 1 oz. butter. |
| Salt and pepper. | 1 dessertspoon parsley. |

Scrape the carrots a bright red and rinse them in cold water ; boil them till quite tender—half to three-quarters of an hour—in boiling salted water ; drain them, put in the butter, parsley, seasoning, and shake well. Serve very hot.

DRESSED CARROTS (II.).No. 143.

1 doz. small new carrots.
1 teaspoon parsley.

$\frac{1}{2}$ pint white sauce (No. 133).
Salt and pepper.

Scrape and boil the carrots; drain; heat the sauce; add the parsley, very finely chopped, the seasoning, and stir the carrots into it without breaking them. Serve hot.

DRESSED SPINACH.No. 144.

2 lb. spinach.
Fried bread.
Salt and pepper.

1 oz. butter.
1 hard-boiled egg.

The spinach must be well rinsed in several waters to clean it. Take off the roots and tear off the thick stalk right down the back of the leaves or the spinach will be stringy; put it into a stewpan, sprinkle with salt, and reduce it down slowly for 15 to 20 minutes, or until quite tender; drain it, and either chop it very fine or pass it through a wire sieve; melt the butter in a saucepan; stir the spinach in it till it is thoroughly hot; season nicely. Have some thin slices of bread fried in hot fat and cut into rounds; pile the spinach high on them, and decorate with the white of the egg chopped fine and the yolk passed through a wire sieve. Serve very hot. A little cream may be added.

DRESSED TOMATOES.No. 145.

$\frac{1}{2}$ lb. tomatoes.
1 tablespoon brown bread-
crumbs.
1 tablespoon grated cheese.

$\frac{1}{2}$ oz. butter.
1 teaspoon finely chopped pars-
ley.
Salt and pepper.

Spread a little of the butter down the middle of a

baking-tin; cut the tomatoes in halves, sideways; place them on the tin; season them with salt and pepper; sprinkle them freely with brown breadcrumbs, then with cheese, and, lastly, a little parsley on each; put a tiny bit of butter on top; bake in a moderate oven 15 to 20 minutes. Serve hot.

DRESSED TURNIPS (I).No. 146.

| | |
|--------------------------|--------------------------|
| 4 medium-sized turnips. | 1 oz. butter. |
| $\frac{1}{2}$ pint milk. | $\frac{3}{4}$ oz. flour. |
| 1 dessertspoon parsley. | Salt and pepper. |

Peel the turnips thickly to take away the woody fibre from the outsides, cut them into nice square blocks (about 1 inch), boil them until tender in boiling salted water 15 to 20 minutes, drain them dry; melt the butter, cook the flour in it a little, add the milk and seasoning, stir to the boil; put in the turnips and parsley, stir over the fire until thoroughly hot.

DRESSED TURNIPS (II.).No. 147.

| | |
|------------|-----------------------------|
| 4 turnips. | 1 oz. glaze (No. 417). |
| Seasoning. | 1 teaspoon chopped parsley. |

Cut and cook the turnips as in the previous recipe; drain them well; melt the glaze in a saucepan slowly; put in the turnips, parsley and seasoning; simmer by the side of the fire for 10 minutes.

N.B.—Carrots or parsnips are equally nice dressed in this way.

FRENCH BEANS.No. 148.

| | |
|---------------------|---------------|
| 2 lb. French beans. | 1 oz. butter. |
| Salt and pepper. | |

Take the skin off both sides of the beans, slice them

into slanting-wise strips thinly, wash them, throw them into a large pan of boiling salted water with a pinch of soda; boil quickly until tender, drain them, shake them over the fire with the butter and a little pepper. Serve hot.

GREEN PEAS.No. 149.

After shelling them wash them. They should be boiled, not too fast, in boiling salted water, in which there is a lump or two of sugar and a good sprig of mint; drain them and toss them with a nice piece of butter. They will take from 15 to 40 minutes (according to their age) to cook.

LENTIL FRITTERS.No. 150.

$\frac{1}{2}$ pint red lentils.
1 sprig parsley.
Salt and pepper.

1 onion.
1 sprig thyme.
2 eggs.

Wash and pick over the lentils, tie them tightly in a cloth with the parsley, thyme and onion sliced; boil for 1 hour, putting them into a large pan of boiling water; open the cloth, take out the parsley and thyme, put the lentils in a basin, and stir in the eggs and season well. Turn out on a plate to cool and set; make up into small round cakes, dip them in beaten egg, then in flour; fry them in smoking hot fat; drain and serve with fried parsley (No. 431).

MASHED POTATOES.No. 151.

2 lb. potatoes.
 $\frac{1}{2}$ gill milk.
A little grated nutmeg.

1 oz. butter.
Salt and pepper.

Boil the potatoes as in No. 155; pass them through a

wire sieve; boil the butter and milk together in a saucepan, put in the potatoes, nutmeg and seasoning; beat over the fire until they are smooth, white and creamy.

NEW POTATOES.No. 152.

These should be chosen all of one size, so that they will cook together. First scrub them, then scrape them, using plenty of water to keep them a good colour; throw them into cold water as they are done, and change it directly it turns brown. Have sufficient boiling water to cover them; salt it, and put in a sprig of mint with the potatoes; boil slowly from 15 to 40 minutes, according to the size, but only long enough to make them just tender; drain, take away the mint, dry them under a cloth by the side of the fire; just before serving shake in a good piece of butter.

NEW POTATOES À LA MAÎTRE D'HÔTEL.No. 153.

2 lb. new potatoes.

| $\frac{1}{2}$ pint maître d'hôtel sauce (No. 125).

Choose rather small potatoes; boil them as in the preceding recipe; cut them into slices half an inch thick; heat the sauce, put in the potatoes and stir them carefully over the fire until hot through without breaking them.

ONIONS BOILED.No. 154.

1 lb. onions.

| $\frac{1}{2}$ pint white sauce (No. 133).

Peel the onions, which should be all one size and not too large, thinly, not taking off more skins than is necessary, as it causes them to break in the cooking; put them on in boiling salted water and boil them for 15

minutes, when change the water and cook them gently for $1\frac{1}{2}$ to 2 hours; drain them and serve with the white sauce over. Leeks are nice served in this way.

OLD POTATOES BOILED.

No. 155.

Choose them of one size; scrub them well and then peel them thinly, throwing them into cold water as they are done; but it does not improve old potatoes to soak them a long time before cooking. Some varieties are best cooked by putting them in boiling water, while some are better for being put on in cold. You must try the potatoes each way and see which suits them best. The water should always be salted before the potatoes are put in, and only enough used to well cover them. Boil them very gently, and when just tender strain them off immediately. Potatoes are often spoilt by leaving them in the water after they are cooked. They will take from 20 minutes to half an hour; drain them thoroughly; place them by the side of the fire with the lid of the pan off, and a clean cloth pushed tightly down on them (this will draw off the moisture); keep them hot and make them white and flowery. Never cut potatoes before boiling them, and try not to break them in dishing up.

PARISIAN POTATOES.

No. 156.

5 or 6 potatoes.

Salt and cayenne.

| 1 dessertspoon chopped parsley.

Old or new potatoes are nice done in this way. Peel and cut the potatoes into slices half an inch thick, then into rounds with a small pastry cutter; throw these into boiling salted water for 3 minutes; drain them well on

a cloth; put them into a frying basket; plunge them into smoking hot fat; fry to a golden colour about 5 or 6 minutes; drain them on kitchen paper and sprinkle them with salt, cayenne and parsley. Serve very hot.

POTATO RIBBONS.No. 157.

Take nice round potatoes; peel them and cut them into slices half an inch thick; trim off the edge, so as to make the slice as round as possible; then peel off as you would in peeling an apple, thinly, into a long ribbon; tie into bows or knots; fry in hot fat a golden colour; drain on paper.

POTATO SOUFFLÉES.No. 158.

6 medium-sized potatoes.

1 oz. butter.

Cayenne pepper.

2 eggs.

 $\frac{1}{2}$ gill milk.

Salt.

Scrub and bake the potatoes; cut them carefully in half and remove the flowery part, taking precaution not to break the skin; sieve the potato, melt the butter, add the milk; take 3 oz. of the potato, beat it into the milk with the yolks of the eggs and the seasoning; lastly, whisk the whites to a stiff froth and stir in lightly; fill the potato cases and bake in a quick oven for 20 minutes. Serve hot.

POTATO CROQUETTES.No. 159.

1 lb. potatoes.

1 teaspoon chopped parsley.

Salt and cayenne.

Little grated nutmeg.

1 oz. butter.

 $\frac{1}{2}$ gill milk.

1 egg.

Boil and dry the potatoes (No. 155); pass them through

a wire sieve; boil the milk and butter together; put in the potatoes, seasoning and parsley; beat to a hot paste over the fire, then stir in enough of the egg beaten to form a smooth creamy paste. Turn this out on a plate to cool, when make up into balls or cork shapes; egg and breadcrumb them carefully, and fry to a light golden colour in hot fat.

POTATO BORDER.No. 160.

1 lb. potatoes.
2 oz. grated cheese.
1 egg.
 $\frac{1}{2}$ teaspoon chopped thyme.
Red breadcrumbs.

$\frac{1}{2}$ gill milk.
1 oz. butter.
1 teaspoon chopped parsley.
Salt and pepper.

Boil and dry the potatoes; sieve them; boil the milk and butter together; put in the potatoes and stir to a hot paste over the fire; take off and add the parsley, thyme, cheese, seasoning and enough beaten egg to make the mixture smooth and creamy. Butter well a border mould, line it with red or brown breadcrumbs, fill it with the potato mixture, and bake in a moderate oven for 10 to 15 minutes.

This may also be served as a *gâteau*, cooking it in an oval or round plain mould. The border, though, is useful for serving mince, etc., in.

SEA KALE.No. 161.

Soak the sea kale and wash thoroughly; cut off the purple leaves and trim it; tie it in bundles; boil it carefully in boiling salted water in which there is a dash of milk and a few drops of lemon juice (it will take about

half an hour to cook tender) ; drain it well and serve with white sauce (No. 133) poured over.

N.B.—It is also nice served *au gratin*. See 139.

SALSIFY.

No. 162.

Salsify is cooked as in the preceding recipe, only cut into pieces ; boil about 1 hour ; serve with white sauce over.

STEWED SPANISH ONIONS.

No. 163.

| | |
|------------------------------------|---------------------|
| 4 small Spanish onions. | 1 oz. butter. |
| $\frac{1}{2}$ oz. flour. | Salt and pepper. |
| $\frac{1}{2}$ pint Liebig's stock. | 1 teaspoon parsley. |

Dissolve half a teaspoon of Liebig's extract of meat in half-pint of boiling water ; make the butter smoking hot ; peel the onions thinly and fry them brown on all sides in it ; take them out and fry the flour brown, add the stock by degrees, season and stir to the boil ; put the onions into the sauce and simmer very gently until they are quite tender $1\frac{1}{2}$ to 2 hours. Dish them and pour the sauce over and round ; sprinkle the tops with very fine parsley.

STEWED LENTILS.

No. 164.

| | |
|--|---------------------|
| $\frac{3}{4}$ pint whole brown lentils. | 1 oz. butter. |
| $\frac{1}{2}$ pint Liebig or ordinary brown stock. | 1 onion. |
| Salt and pepper. | 1 teaspoon parsley. |

Wash and soak the lentils over night ; put them with enough cold water to cover into a saucepan ; boil gently

for 1 hour, strain, make the butter hot, slice the onion and fry it brown in it; put in the lentils, stock, parsley and seasoning, and stew gently half an hour.

STUFFED TOMATOES.

No. 165.

$\frac{1}{2}$ lb. tomatoes.
1 teaspoon parsley.
1 oz. butter.
Salt, pepper, nutmeg.

1 oz. breadcrumbs.
 $\frac{1}{2}$ teaspoon onion.
The yolk of 1 egg.
A few brown breadcrumbs.

Take a small piece out of the top of each tomato and scoop out a little pulp from the centre to allow of the stuffing; chop this up and use it in the stuffing; put all the ingredients very finely chopped into the butter melted and bind with the egg yolk; fill the tomatoes up high and sprinkle the tops with brown breadcrumbs; place on a buttered baking-tin and bake in a moderate oven for 15 to 20 minutes. Send to table garnished with sprigs of parsley.

STUFFED MUSHROOMS.

No. 166.

6 or 8 mushrooms.
1 oz. butter.
 $\frac{1}{2}$ oz. brown breadcrumbs.
Salt and cayenne.

1 oz. lean ham.
1 teaspoon chopped onion.
1 teaspoon chopped parsley.
1 tablespoon thick sauce.

Peel the mushrooms carefully and leave on about three-quarters of an inch of the stalk; melt the butter, fry the onion to a light brown, then stir in ham finely chopped, parsley, breadcrumbs, sauce and seasoning; stir all together till hot; place this stuffing thickly round the stalk of each mushroom; put them on a well-buttered baking-tin, and bake about 15 minutes, or if the mushrooms are

preferred richer they can be fried in butter, basting them with it the while. Serve on rounds of fried bread or buttered toast, or slices of cooked tomatoes.

VEGETABLE PIE.No. 167.

| | |
|------------------------------|---|
| 1 carrot. | $\frac{1}{2}$ pint white sauce (No. 133). |
| 1 turnip. | 1 teaspoon chopped onion. |
| A few sprigs of cauliflower. | 1 teaspoon chopped parsley. |
| 6 kidney beans or | Salt and pepper. |
| Sprouts. | $\frac{1}{2}$ lb. tomatoes. |
| 1 or 2 sticks celery. | 1 oz. brown breadcrumbs. |

Any vegetables in season can be used in this dish (the greater variety of flavour and colour the better). They must be cut in pieces not too large, and each boiled in separate salted water until tender and well drained. Carrots, turnips, beans, etc., look nice cut into diamond shapes. Make the sauce hot and stir the vegetables into it without breaking them; put the mixture into a greased pie dish; peel and slice the tomatoes; place them as a crust over the top; sprinkle with the parsley, onion and brown breadcrumbs, also seasoning; place a few bits of butter here and there, and bake in a moderate oven for half an hour.

SAVOURIES

(WITH BREAKFAST AND SUPPER DISHES).

ANCHOVY EGGS.

No. 168.

3 anchovies.

3 eggs.

3 croûtes of fried bread.

Anchovy paste.

Cut the bread into rounds just large enough to hold a poached egg, fry them and drain; wash the anchovies in warm water and take out the bones, keeping the fillets as neat as possible; cut each fillet in two lengthways. Have a saucepan half full of simmering water on the stove, put in a little salt and two drops of vinegar; drop the eggs in carefully and poach slowly for 3 minutes; drain them and place on the croûtes, trimming the eggs neat. Place the anchovy fillets in cross bars on the eggs, 4 on each; decorate with a pinch of chopped parsley and serve hot.

The croûtes may be spread with anchovy paste if liked.

BOMBAY TOASTS.

No. 169.

1 oz. anchovies.

Yolks of 2 eggs.

Croûtes of bread.

1 oz. butter.

1 tablespoon cream.

Cayenne.

Wash the anchovies in warm water, bone and pound them with the butter to a paste; melt this slowly in a

saucepan; add the yolks mixed with the cream and cayenne; stir over gentle heat to the consistency of thick cream; spread thick on some small oval croûtes of fried bread and serve very hot.

BEEF GALANTINE.No. 170. $\frac{1}{2}$ lb. lean beef.

3 oz. bacon.

1 egg.

4 oz. breadcrumbs.

Salt and pepper.

A little grated nutmeg.

Scrape the beef very fine or pass it through a mincing machine; mix it well with the breadcrumbs, seasoning and bacon cut very small; beat the egg and bind the mixture into a stiff paste with it; form into a short, thick roll, tie securely in a dry pudding cloth, plunge into boiling water for 3 or 4 minutes, then only simmer it very gently for $1\frac{1}{2}$ hours. Take up and press between two dishes with a weight on top till quite cold, when trim off the ends and brush the top over with glaze (No. 417).

BEEF CAKE.No. 171.

1 lb. fillet of beef.

1 hard-boiled egg.

1 dessertspoon parsley.

 $\frac{1}{2}$ teaspoon thyme.

Salt and pepper.

1 pint stock.

3 sheets gelatine.

 $\frac{1}{2}$ teaspoon grated lemon.

Cut the egg into slices and then in half, and place them all round the bottom of an oval plain tin; take away all fat and skin from the beef, and cut into half-inch square pieces; chop parsley and thyme very fine; put the beef into the tin and sprinkle the flavourings and seasonings between; fill the mould with stock, which should have the gelatine dissolved in it, unless the stock

is a good jelly, in which case it is unnecessary ; cover with a greased paper and bake very slowly for 2 hours. Turn out when quite cold and decorate with parsley.

CHEESE SAVOURY.No. 172.

| | |
|-------------------------------|-------------------|
| Some milk or other small dry | 2 yolks of egg. |
| biscuits. | 1 white of egg. |
| 2 oz. grated Parmesan. | 2 oz. butter. |
| 2 oz. grated Gruyère. | Salt and cayenne. |
| 1 dessertspoon essence of an- | Red breadcrumbs. |
| chovy. | |

Melt the butter and cook all the ingredients to a paste, season well with cayenne ; spread this thick on the biscuits and sprinkle with red crumbs and grated cheese. Serve cold ; decorate with parsley.

CHEESE FRITTERS.No. 173.

| | |
|-----------------------|---------------------------|
| 3 oz. Cheddar cheese. | 3 oz. flour. |
| 1 egg. | $\frac{1}{2}$ gill water. |
| Salt and cayenne. | 1 teaspoon salad oil. |

Cut the cheese into one-inch square pieces ; put the flour, salt and cayenne pepper into a basin ; make a hole in the middle of it, into which drop the yolk of the egg and salad oil ; stir this to a smooth batter with the water, lukewarm, and beat for 5 or 6 minutes ; whisk the white of egg to a stiff froth ; stir lightly into the batter just before frying ; pass the pieces of cheese through the batter, using a steel skewer for the purpose ; drop carefully into hot fat, fry to a pale golden colour, drain on kitchen paper, pile up high on a napkin or paper, and dust with grated cheese. Serve hot.

CHICKENS' LIVERS.No. 174.

| | |
|---------------------------------|-------------------------------|
| 2 or 3 chickens' livers. | 2 oz. fat bacon. |
| 1 teaspoon tarragon vinegar. | 1 teaspoon parsley. |
| $\frac{1}{2}$ teaspoon mustard. | $\frac{1}{2}$ teaspoon onion. |
| Cayenne and salt. | 1 teaspoon anchovy essence. |

Cut the livers into one-inch square pieces and the bacon into very thin slices, long enough to roll them in; chop the parsley and onion very fine and mix them on a plate with the essence, vinegar, mixed mustard and seasoning. Lay the pieces of liver in this for half an hour or so, then wrap each piece in a strip of bacon; place them on a greased baking-tin, sprinkle with red breadcrumbs, and bake about 10 minutes. Serve on small rounds of fried bread, hot.

EGG AND TOMATO SALAD.No. 175.

| | |
|------------------------|--|
| 2 hard-boiled eggs. | $\frac{1}{2}$ gill Mayonnaise sauce (No. 121). |
| $\frac{1}{2}$ lettuce. | |
| $\frac{1}{2}$ endive. | $\frac{1}{2}$ lb. tomatoes. |
| | $\frac{1}{2}$ teaspoon chopped onion. |

Cut the eggs in half; take a small piece from the end of each to make them stand straight; drop the tomatoes into boiling water half a minute to loosen the skins; skin them and cut in slices; take out the yolks and stand the white cases on a slice of tomato, shred all the salad, and cut the remaining tomatoes into small squares; mix these into the sauce with the onion and season nicely; place some of the salad on a dish and arrange the eggs filled and tomato on it; decorate with small pieces of endive round, and the yolk of egg passed through a wire sieve over.

FISH SALAD.No. 176.

- | | |
|---|---------------------------------------|
| 1 whiting or the remains of any cold fish. | 3 tablespoons oil. |
| 2 anchovies. | $\frac{1}{2}$ teaspoon chopped onion. |
| 1 small beetroot. | Lettuce and endive. |
| Salt and pepper. | 1 hard-boiled egg. |
| 2 tablespoons vinegar. | $\frac{1}{2}$ teaspoon mustard. |

Flake the fish, taking away skin and bones ; bone and cut the anchovies into small pieces ; shred the beetroot into inch lengths ; shred the white of the egg and salad ; put the salt, pepper, yolk of egg, mustard and vinegar into a basin ; mix well together with a wooden spoon ; stir in the salad oil thoroughly ; add the onion, fish, egg and salad ; toss lightly with two wooden spoons until all the dressing is used up ; put into the salad bowl and decorate with the yolk of egg passed through a wire sieve and some fancifully-cut bits of beetroot.

FISH AND MACARONI PIE.No. 177.

- | | |
|-------------------------------------|---|
| $\frac{1}{2}$ lb. cold cooked fish. | Brown breadcrumbs. |
| 3 oz. macaroni. | $\frac{1}{2}$ pint white sauce (No. 133). |
| Salt and pepper. | 1 blade mace. |

Take off the skin and bones and flake the fish ; boil the macaroni (No. 423) ; cut into half-inch lengths ; heat the sauce with the mace ; put into it the fish, macaroni and seasoning ; pour into a well-buttered pie dish ; sprinkle over the top some brown breadcrumbs ; bake in a moderate oven for 15 to 20 minutes.

FISH CAKES.No. 178.

- | | |
|------------------------|-----------------------------|
| 6 oz. dried haddock. | 1 egg. |
| 3 oz. boiled potatoes. | 1 oz. butter. |
| 1 teaspoon parsley. | 1 teaspoon anchovy essence. |
| Salt and cayenne. | |

Pass the potatoes through a wire sieve ; take away the skin and bones and chop the haddock very fine ; melt the butter, put in the potatoes, fish, parsley chopped, seasoning and anchovy ; stir till hot over the fire ; take off and add enough of the egg beaten to make a softish paste ; spread the mixture on a plate to cool. When set, make up into small flat cakes, using a very little flour and a knife ; egg and crumb them ; flatten the crumbs on very neatly ; put in the frying basket and fry a golden brown ; drain on paper. Dish in a circle, with fried parsley in the centre (No. 431).

FISH OMELET.No. 179.

3 eggs.
1 oz. cold fish.
1 teaspoon anchovy essence.
 $\frac{1}{4}$ teaspoon chopped onion.
 $\frac{1}{4}$ teaspoon chopped parsley.

2 oz. butter.
 $\frac{1}{2}$ oz. flour.
 $\frac{1}{2}$ gill milk.
Salt and cayenne.

Take half the butter ; dissolve it, cook the flour in it, add the milk, seasoning and anchovy and boil to a creamy sauce ; mince the fish and put it in ; keep warm ; put the yolks of egg into a basin with some seasoning, the parsley and onion ; stir enough to mix ; whisk the whites to a stiff froth and mix in lightly. Make the other butter hot in a small round omelet pan, skim it, pour in the eggs and stir until they just set ; spread them over the pan, put the fish mixture on one half, turn the other half of the omelet over it and turn out on to a hot dish. Serve at once.

FORCEMEAT BALLS (EGGED AND CRUMBED). No. 180.

| | |
|--------------------|---------------------------------------|
| 3 oz. breadcrumbs. | 1 dessertspoon chopped parsley. |
| 1 oz. suet. | $\frac{1}{2}$ teaspoon chopped thyme. |
| 1 egg. | $\frac{1}{2}$ teaspoon grated lemon. |
| Salt and cayenne. | $\frac{1}{4}$ teaspoon grated nutmeg. |

Skin and chop the suet very fine, using some of the crumbs to keep it free; mix with the parsley, thyme, lemon, nutmeg and seasoning; beat the egg to a light froth and stir enough of it in to form a stiff paste; roll into very small balls, egg and crumb them and fry a minute or so in the frying basket in smoking hot fat, drain on paper, and they are ready for use.

HUNTERS' TOASTS.No. 181.

| | |
|---------------------|----------------------------|
| 2 or 3 game livers. | $1\frac{1}{2}$ oz. butter. |
| Cayenne and salt. | Croûtes of fried bread. |

Wash the livers and tie them in muslin, cook in the stock pot about 15 to 20 minutes, when cold grate or chop them very fine; melt the butter, put in the livers with plenty of salt and cayenne, stir over the fire until quite hot, pile up on small round croûtes of fried bread or buttered toast; decorate with red breadcrumbs and sieved yolk of egg or parsley. Serve very hot.

HADDOCK AND EGGS.No. 182.

| | |
|----------------------------|-----------------|
| 4 oz. dried haddock. | 3 eggs. |
| $1\frac{1}{2}$ oz. butter. | Buttered toast. |

Break the haddock cooked, into small flakes; beat the eggs to a light froth, mix in the fish, season with salt

and pepper ; dissolve the butter in a small frying-pan, stir the eggs and fish into it over a slow fire until a softish paste is formed ; turn on to a piece of hot buttered toast ; sprinkle with a little parsley. Serve very hot.

N.B.—Ham or tongue and eggs can be dressed in this way.

HADDOCK AND TOMATOES.No. 183.

| | |
|-----------------------------|---------------------------------------|
| 1 dried haddock. | $\frac{1}{2}$ teaspoon chopped onion. |
| $\frac{1}{2}$ lb. tomatoes. | 1 $\frac{1}{2}$ oz. butter. |
| 1 teaspoon chopped parsley. | Salt and pepper. |

Dip the tomatoes into boiling water for half a minute, skin and slice them thinly ; melt the butter in a stewpan, put in the tomatoes, parsley, onion and seasoning ; simmer gently for 15 minutes ; scald the haddock for 5 minutes, take off the skin and the bones and break the fish into flakes, put into the tomatoes and simmer 10 minutes longer, taking care it does not boil. Dish in a border of boiled rice or macaroni.

KEGEREE.No. 184.

| | |
|----------------------|-----------------------------|
| 1 dried haddock. | 1 oz. butter. |
| 3 oz. Carolina rice. | 1 hard-boiled egg. |
| Salt and pepper. | 1 teaspoon chopped parsley. |

Scald the haddock for 10 minutes ; take off skin and bones and flake the fish ; boil the rice until quite tender in boiling water ; drain it ; chop the white of the egg ; melt the butter, put in the fish, rice, egg and seasoning ; stir over the fire until the mixture is hot through. Pile up on a hot dish ; garnish with the yolk of egg sprinkled over.

KIDNEYS EGGED AND CRUMBED.No. 185.

2 sheep's kidneys.

2 tomatoes.

Salt and pepper.

Egg and breadcrumbs.

 $\frac{1}{2}$ oz. butter.

Cut the kidneys in half, skin them and cut out the muscles; dip each half in a little flour, salt and pepper, then into well-beaten egg and fine breadcrumbs; fry for 3 or 4 minutes in smoking hot fat; skin and slice the tomatoes; melt the butter and cook the tomatoes in it with a little seasoning until they are quite tender; pour out on a dish and place the kidneys on them.

MACARONI RISsoles.No. 186.

4 oz. short crust (No. 239).

1 oz. butter.

 $\frac{1}{2}$ oz. flour. $1\frac{1}{2}$ oz. grated cheese.

1 oz. macaroni.

 $\frac{3}{4}$ gill milk. $\frac{1}{2}$ teaspoon mixed mustard.

Salt and pepper.

Boil the macaroni until quite tender (No. 423), drain and rinse it in cold water, cut it into very thin little rings; melt the butter, stir in the flour and milk and boil to a thick sauce, add seasonings, macaroni and cheese. Roll out the short crust as thin as possible and cut into small rounds, place a teaspoon of the mixture on one half of the pastry, wet the edges and close over the other half; dip the rissoles into well-beaten egg, then into broken up vermicelli; fry for 4 minutes in smoking hot fat, drain on paper and serve with fried parsley (No. 431).

MACARONI CROQUETTES.No. 187.

| | |
|-------------------------------|-------------------------|
| 2 oz. macaroni. | 2 oz. lean cooked ham. |
| 1 gill white sauce (No. 133). | Salt and cayenne. |
| Yolk of one egg. | A little grated nutmeg. |

Cook the macaroni until tender (No. 423) and chop it quite fine; heat the sauce, stir in the macaroni, ham, seasoning and yolk of egg; turn on a plate to cool a little; when set make up into small balls, using a little flour to prevent the mixture from sticking to the hands; egg and breadcrumb them and fry in very hot fat a light brown colour. Serve with fried parsley.

MACARONI AND TOMATOES.No. 188.

| | |
|------------------|-----------------------------|
| 2 oz. macaroni. | $\frac{1}{2}$ lb. tomatoes. |
| 1 oz. butter. | 1 gill milk. |
| 1 oz. flour. | 3 oz. grated cheese. |
| Salt and pepper. | Red breadcrumbs. |

Boil the macaroni (No. 423) until quite tender, drain it and cut into half-inch lengths; melt the butter, cook the flour in it a little, stir in the milk and boil up; season; skin the tomatoes, first plunging them into boiling water for half a minute, slice them and put into the sauce, stir over the fire until they are tender and the sauce a nice consistency; take off, add the cheese and pour into a greased pie dish; mix one dessertspoon of cheese with one of red or brown breadcrumbs, sprinkle this over the top and bake for about half an hour. Serve hot.

MACARONI CHEESE.No. 189.

3 oz. macaroni.
1 oz. butter.
1 oz. flour.
3 oz. cheese.

$\frac{3}{4}$ pint milk.
 $\frac{1}{2}$ teaspoon mixed mustard.
Salt and pepper.

Cook the macaroni quite tender (No. 423); cut it into short lengths.

Grate or chop the cheese, melt the butter, stir in the flour, cook it a minute or so; add the milk and seasoning, boil up stirring all the time; put in the macaroni and cheese; pour into a pie dish, sprinkle a little grated cheese over the top; bake a nice brown in a hot oven for 10 or 15 minutes. Serve hot.

OYSTER SAVOURY.No. 190.

12 oysters.
1 oz. butter.
 $\frac{1}{2}$ oz. flour.
1 teaspoon lemon juice.

Fried bread.
 $\frac{3}{4}$ gill milk.
Salt and cayenne.

Beard the oysters and take off the hard muscles; chop the oysters roughly; melt the butter, cook the flour in it a little, stir in the milk and enough oyster liquor to make up one gill, season and boil to a thick sauce; add the lemon and oysters; cut the bread into small rounds $1\frac{1}{2}$ inches in diameter; fry to a light golden colour in smoking fat; drain; pile some of the mixture on each; sprinkle some with fine parsley and some with red bread-crumbs. Serve very hot.

POTATO CHEESE.No. 191.

6 good-sized potatoes.
2 oz. grated cheese.
Salt and cayenne.

$\frac{1}{2}$ pint milk.
1 oz. butter.

Boil, dry and pass the potatoes through a wire sieve while they are hot and floury; boil the butter and milk, heat the potatoes into it, season well and add 1 oz. of the cheese; pour into a buttered pie dish, sprinkle the other cheese over, and bake a good brown in the oven.

PORK PIES.No. 192.

$\frac{3}{4}$ lb. lean fresh pork.
1 teaspoon chopped sage.
Salt and pepper.
2 tablespoons water.

1 gill milk.
4 oz. lard.
1 lb. flour.
6 peppercorns.

Cut away the bones; put them into a stewpan with 1 pint of cold water and half a teaspoon of salt; bring to the boil and skim; put in the peppercorns and simmer very gently for $1\frac{1}{2}$ hours; strain; cut the pork in small squares, mix it with the water, sage and seasoning on a plate; put the flour into a basin with 1 teaspoon of salt; make a hole in the middle and pour in the milk and lard, which previously boil together; knead well with the hand until smooth and free from cracks; form three parts of this crust into an oval-shaped mould about a quarter of an inch thick all round (this is best done on a floured board, using the tips of the fingers to raise the crust and supporting the shape with the hand); fill in with the pork, roll out the rest of the crust the same thickness with a rolling pin, wet the edges of the pie and press on the lid from the inside, make a hole in the top, trim off the

edges of crust, which roll out and cut some small leaves and a frill; place these in the hole, brush the pie all over with beaten egg, place on a greased tin, put into a good hot oven for 20 minutes, then cover with a greased paper, put in a cool part of the oven and bake for $1\frac{1}{2}$ hours. While hot take out the frill with the point of a knife from the centre and fill the pie with the stock; allow to go cold.

POACHED EGGS.No. 193.

3 eggs.

3 drops vinegar.

3 squares buttered toast.

Chopped parsley.

These are best done in a shallow pan, but use sufficient water to well cover the eggs; add to it 3 drops of vinegar and half a teaspoon of salt; bring the water to the simmering point (do not allow it to bubble); drop the eggs into it very carefully and simmer gently for 3 to 4 minutes; have the toast ready, hot, trimmed and buttered; drain the eggs well from the water, place on the toast, and put a pinch of parsley on top of each; send at once to table.

SPITCHCOCK.No. 194.

1 chicken.

Salt and cayenne.

1 teaspoon good curry powder.

2 oz. butter.

Lemon juice.

1 teaspoon chopped shalot.

1 dessertspoon chopped parsley.

 $\frac{1}{2}$ teaspoon chopped thyme.

2 oz. brown breadcrumbs.

Take a tender chicken, draw it and split it down the back; remove the first joints of the legs and wings, and skewer it into a good flat shape; dissolve the butter and

brush the chicken well over with it, season both sides with cayenne and salt, and then with the parsley, thyme and shalot, lastly with the curry powder. Oil a gridiron and make it hot; grill the chicken briskly for 10 or 12 minutes, brush it again well with butter and sprinkle with the crumbs; grill gently, turning it frequently until done 20 to 30 minutes more; place on a hot dish, take out skewers and sprinkle over with lemon juice; garnish with parsley.

STEWED KIDNEYS (I.).No. 195.

| | |
|---------------------------------------|--------------------------|
| 2 sheep's kidneys. | 1 oz. butter. |
| 1 gill brown stock. | $\frac{1}{2}$ oz. flour. |
| 1 teaspoon lemon juice. | 2 oz. bacon. |
| $\frac{1}{2}$ teaspoon chopped onion. | Croûtes of fried bread. |
| 1 teaspoon chopped parsley. | Salt and cayenne. |

Split the kidneys down the back, take off the skin and cut away all the hard muscles; make the butter smoking hot, put in the kidneys cut side down and fry them a minute; turn over and do the same on the other side; take out; add the onion and flour and fry brown; stir in the stock and boil up; add parsley, seasoning, lemon and kidneys; stew very gently for half an hour, taking great care that the gravy never once boils, or the kidneys will be hardened. Dish them on small rounds of fried bread with a tiny roll of thin bacon on each and pour the sauce round.

STEWED KIDNEYS (II.).No. 196.

| | |
|-----------------------------|-------------------|
| 2 sheep's kidneys. | Salt and cayenne. |
| 1 teaspoon chopped parsley. | A slice of toast. |
| 1 oz. butter. | |

Split the kidneys down the back, take off the skin and

cut out the hard muscles ; make the butter hot, but not brown ; put in the kidneys, parsley and seasoning ; toss about over a slow fire until they are tender 10 to 15 minutes. Dish up on a slice of hot toast, pouring the parsley and butter over them.

SAUSAGES EGGED AND CRUMBED.

No. 197.

$\frac{1}{2}$ lb. sausages.
Parsley.

Egg and breadcrumbs.

Take the skins off the sausages and make each one into three small ones, rolling them on a board and make them square at the ends with a knife ; dip them into well-beaten egg and fine breadcrumbs (firm the crumbs on well and neatly) ; put into a frying basket, fry for 5 minutes in smoking hot fat ; drain on paper. Dish in cross bars and garnish with parsley.

SHRIMP PATTIES.

No. 198.

$\frac{1}{2}$ lb. rough puff pastry (No. 238).
1 blade mace.
 $\frac{3}{4}$ oz. flour.
1 egg.

$\frac{1}{2}$ pint picked shrimps.
 $\frac{1}{2}$ pint water.
1 oz. butter.
Salt and cayenne.

Roll the pastry out half an inch thick ; stamp out some small rounds with a fluted cutter ; line one dozen patty pans.

Simmer the shells of the shrimps with the mace and seasoning in the water for 10 minutes very slowly ; melt the butter ; cook the flour in it a minute ; strain the stock and add a little at a time to the flour ; stir well and boil

up ; take off the fire ; put in the shrimps and half the egg well beaten ; fill the patty pans ; brush the tops over with the rest of the egg ; bake in a quick oven 20 to 30 minutes. Serve garnished with parsley.

SAVOURY CUSTARD (for soups, etc.).No. 199.

1 whole egg.

1 yolk.

Salt and pepper.

1 gill milk or stock.

A little grated nutmeg.

Whisk the egg well, mix with the stock, add the seasoning ; strain into a well-greased pot or cup ; stand the cup in a pan of hot water sufficient to come half-way up the sides ; cover with a greased paper and steam very slowly for 20 minutes. If the custard is cooked quickly it will be found full of holes and inconvenient for cutting into fancy shapes.

Allow the custard to cool a little before cutting up.

SCOTCH EGGS WITH TOMATOES.No. 200.

2 hard-boiled eggs.

2 sausages.

1 teaspoon parsley.

 $\frac{1}{2}$ teaspoon onion.

Salt and pepper.

Egg and breadcrumbs.

 $\frac{1}{4}$ lb. tomatoes.

2 tablespoons water.

 $\frac{1}{2}$ oz. butter.

When the eggs are boiled put them into cold water ; take off the shells without breaking the eggs ; skin the sausages ; press them out into thin pads and then line the eggs thinly over with them ; use a few breadcrumbs to keep the meat from sticking to the hands ; roll them neat and flat at the ends so that they will stand straight when cut open ; egg and crumb them and fry in hot fat

in the basket for 4 to 6 minutes; drain and cut in two with a sharp knife. In the meantime, drop the tomatoes into boiling water for half a minute; skin and slice them thin; put into a stewpan with the water, parsley and onion very finely chopped, butter and seasoning; simmer slowly until quite tender 10 minutes; pour on a dish and place the eggs on the sauce.

SAVOURY OMELET.No. 201.

3 eggs.
1 teaspoon parsley.
 $\frac{1}{4}$ teaspoon onion.

1 oz. butter.
Salt and pepper.

Chop the parsley and onion very fine; separate the yolks from the whites, mix the yolks with the parsley and onion, season and stir a little; whisk the whites to a stiff froth and work into the yolks very lightly; heat the butter, allow the moisture to boil out of it without burning it; skim it, when hot; pour in the eggs, stir until well mixed with the butter and just setting, fold over to one side of the pan; fry to a light brown and turn out. Serve immediately.

N.B.—The quicker an omelet is fried the better.

SAVOURY EGGS.No. 202.

4 eggs.
1 oz. butter.
Salt and pepper.

1 oz. lean cooked ham.
1 teaspoon fine parsley.
4 round croûtes of bread.

Soften the butter a very little, and coat 4 small plain dariole moulds with it thickly; chop the ham and parsley very fine and sprinkle the tins with it; drop one raw

egg into each mould, season with a dash of salt and pepper on the top; stand in a stewpan; pour sufficient boiling water round to come half-way up the moulds; place a greased paper over the top and simmer very gently until the eggs are just set. Turn out on croûtes of fried bread only large enough to hold the egg. Send to table garnished with parsley.

SCRAMBLED EGGS.No. 203.

3 eggs.

Salt and pepper.

Toast.

1½ oz. butter.

1 tablespoon milk.

Dissolve and skim the butter in a small frying-pan; beat the eggs a little in a basin, add the milk and seasoning to them, pour into the butter; stir until the eggs are well mixed with it, then scrape the eggs off the pan in flakes as they set (this should be done over a slow fire to keep the eggs soft and creamy); pile up very hot on small rounds of hot buttered toast; sprinkle a little finely chopped parsley on top and serve at once.

SAVOURY EGGS, COLD.No. 204.

2 hard-boiled eggs.

Salt and pepper.

½ teaspoon chopped parsley.

1 oz. butter.

2 teaspoons anchovy essence.

4 croûtes fried bread.

When the eggs are cold cut them in half, take out the yolks, cut a small piece from the end of the eggs, and stand the 'cases straight on small croûtes of fried bread; put the yolks, butter, essence, parsley and seasoning into a small basin, and work to a smooth cream with a wooden spoon; fill the egg cases with the mixture and decorate with sprigs of parsley.

SAVOURY PUDDING.No. 205.

3 oz. breadcrumbs.
3 oz. suet.
1 egg.
3 medium onions.

3 oz. medium oatmeal.
1 dessertspoon sage.
 $\frac{1}{2}$ pint milk.
Salt and pepper.

Soak the bread in the milk; boil and chop the onion fine with the sage; chop the suet very fine; mix all together, season and stir in the egg beaten; bake in a well-greased Yorkshire tin about three-quarters of an hour. Serve with roast pork, etc.

SAVOURY MACARONI (I.).No. 206.

1 lb. macaroni.
1 pint veal gravy.
4 oz. grated cheese.
Salt and pepper.

3 oz. butter.
1 onion.
1 sprig parsley.
1 sprig thyme.

Boil the macaroni (No. 423); have the gravy in a saucepan with the onion sliced, parsley and thyme; simmer until the onion is tender; take out the herbs; put in the macaroni, butter, and season well; pour into a pie dish; sprinkle the cheese over and bake 20 to 30 minutes in a moderate oven.

SAVOURY MACARONI (II.).No. 207.

6 oz. macaroni.
4 oz. grated Parmesan.
3 tomatoes.

2 oz. butter.
 $\frac{3}{4}$ pint white sauce (No. 133).
Salt and cayenne.

Boil the macaroni until quite tender (No. 423); put it into a pan with the butter, cheese, and season well; mix; put this into a pie dish, heat the sauce, stir in the toma-

toes skinned and sliced thinly, pour over the macaroni, sprinkle with cheese and breadcrumbs; bake half an hour.

TOMATO OMELET.No. 208.

2 eggs.

1 teaspoon chopped parsley.

 $\frac{1}{2}$ teaspoon chopped onion.

2 tomatoes.

 $1\frac{1}{2}$ oz. butter.

Salt and pepper.

Skin and slice the tomatoes; melt half the butter in a saucepan; put in the tomatoes, parsley, onion and seasoning; cook this gently until quite tender; beat the eggs lightly; season; make the rest of the butter hot in an omelet pan, pour in the eggs, stir until just setting, spread over the pan, put half the tomato mixture on one side, fold the omelet over, turn out on a hot dish, and pour the rest of the tomato round.

VEAL GALANTINE.No. 209.

2-3 lb. middle breast of veal.

 $\frac{1}{2}$ lb. sausages.

Nutmeg.

3 oz. fat bacon.

1 hard-boiled egg.

3 mushrooms.

Salt and pepper.

Cut the small bones out of the meat and season it all over with salt, pepper and nutmeg; skin the sausages and spread half of them thinly over the meat; lay on this strips of egg, bacon and mushroom; spread the other half of the sausage over, roll up firmly and tie in a pudding cloth, plunge into boiling water or stock for 5 minutes, then simmer gently for $1\frac{1}{2}$ to 2 hours, according to the thickness (retie the cloth on the roll if the meat has shrunk in the cooking); press between two dishes with a weight

on top until quite cold, when trim the edges off and brush over with glaze (No. 417); garnish with parsley.

WINTER SALAD.No. 210.

| | |
|---------------------------------------|------------------------------|
| 1 nice head celery. | 1 boiled beetroot. |
| 1 bunch watercress. | 1 gill Mayonnaise (No. 121). |
| $\frac{1}{2}$ teaspoon chopped onion. | 1 teaspoon chopped parsley. |

Take all the discoloured parts from the celery and shred it and the beetroot into fine one-inch lengths, put them into a mixing basin; pour the Mayonnaise over the seasoning, onion and parsley; mix lightly (without breaking the beet more than can be helped) with two wooden spoons; put into the salad bowl; garnish with sprigs of watercress.

COLD MEAT COOKERY.

BOUDINETTES.

No. 211.

| | |
|-------------------------|------------------|
| 1 oz. butter. | 4 oz. cold meat. |
| Salt and pepper. | 2 oz. potatoes. |
| A little grated nutmeg. | 1 egg. |

Take off the fat and chop the meat very fine ; sieve the potatoes ; melt the butter, put in the meat, potatoes and seasoning ; stir over the fire until hot, when mix in enough beaten egg to bind the mixture ; turn out on a plate to cool ; when set make up into small cork shapes, egg and crumb them, fry in smoking hot fat ; drain and serve with brown sauce or fried parsley.

COLD BEEF 'AU GRATIN.

No. 212.

| | |
|------------------------------------|---|
| $\frac{1}{2}$ lb. cold roast beef. | $\frac{1}{2}$ pint brown sauce (No. 109). |
| 1 teaspoon chopped onion. | 3 mushrooms. |
| 1 teaspoon chopped parsley. | 2 oz. brown breadcrumbs. |

Cut the cold beef into slices about a quarter of an inch thick ; lay them in a pie dish, sprinkling the layers with parsley, onion, salt, pepper and mushrooms chopped ; pour the brown sauce over, sprinkle with the breadcrumbs, put tiny pieces of butter here and there on the top, and bake in a moderate oven half an hour,

COLD MEAT TARTLETS.No. 213.

| | |
|----------------------------|---|
| 4 oz. cold meat. | $\frac{1}{2}$ teaspoon chopped onion. |
| 1 lb. cooked potatoes. | $\frac{1}{2}$ teaspoon chopped parsley. |
| $1\frac{1}{2}$ oz. butter. | Salt and pepper. |
| 1 egg. | 1 gill stock. |
| $\frac{1}{2}$ oz. flour. | |

Pass the potatoes through a sieve while they are hot ; melt 1 ounce of the butter in a saucepan ; put in the potatoes with seasoning and a little grated nutmeg ; stir until hot over the fire ; take off and stir in the egg beaten. Well grease some small moulds or darioles and coat them round with brown or red breadcrumbs, then line them thinly with the potato (the easiest way to do this is to roll the potato into balls, drop them carefully into the mould, and then take a teaspoon dipped in hot water and press from the middle to the sides) ; when they are done, melt the half-ounce butter, cook the onion in it, stir in the flour and stock, season and boil to a thick sauce ; put in the meat, freed from fat and skin and chopped very fine, the parsley and a little grated nutmeg ; fill the moulds with this ; put on a thin lid of potato and bake 15 to 20 minutes in a hot oven. Serve with brown or tomato sauce, poured round them on the dish.

CHICKEN CUTLETS.No. 214.

| | |
|---------------------------|-----------------------------|
| 6 oz. cold chicken. | 2 oz. lean cooked ham. |
| $\frac{3}{4}$ oz. butter. | $\frac{3}{4}$ gill milk. |
| $\frac{1}{2}$ oz. flour. | 1 teaspoon chopped parsley. |
| Salt and cayenne. | 1 teaspoon lemon juice. |

Mince the chicken and ham very fine ; melt the butter in a saucepan, add the flour and milk ; boil to a thick

sauce, stir in the ham, chicken, seasoning, parsley and lemon juice ; mix well ; turn on a plate to cool ; when set make into small cutlets, egg and crumb them and fry to a light brown in hot fat ; stick an inch of parsley stalk in the narrow end of each to imitate the bone ; dress in a circle, and serve with fried parsley in the centre and tomato sauce round.

CHICKEN FRICASSEE.No. 215.

Remains of a cold chicken.
1 blade mace.
Salt and cayenne.
1 oz. butter.

$\frac{3}{4}$ oz. flour.
 $\frac{3}{4}$ pint milk.
Sippets of fried bread.

Cut the chicken into rather small joints, take off the skin, simmer this with any odd bits in the milk with the mace slowly for 15 minutes ; strain ; melt the butter, cook the flour well in it without browning, add the milk (a little at a time), season and stir to the boil ; place the pieces of chicken in the sauce and simmer gently until quite hot through. Serve with sippets of fried bread and small rolls of bacon.

COLD MEAT FRITTERS.No. 216.

3 oz. cold meat.
1 egg.
A little grated nutmeg.
Salt and pepper.

4 oz. flour.
1 gill tepid water.
1 teaspoon salad oil.

Put the flour in a mixing basin, make a hole in the middle of it and drop in the oil and yolk of egg, stir to a smooth batter with the water and beat for 5 minutes ; whisk the white of the egg to a stiff froth and mix in

very lightly with the seasoning, nutmeg and meat minced fine; have the frying fat smoking, but not too fierce; drop in dessertspoonfuls of the mixture, keeping the spoon still as you scrape the fritters off with another spoon; fry to a very light brown, turning the fritters about as they fry; drain well on paper and serve at once.

CURRY OF COLD MEAT.

No. 217.

$\frac{1}{2}$ lb. cold meat.
 $\frac{3}{4}$ oz. flour.
 $\frac{1}{2}$ oz. curry powder.
 1 gill stock (No. 2).
 1 teaspoon curry paste.
 1 oz. butter.

1 onion.
 1 apple.
 1 tomato.
 1 oz. cocoanut.
 Salt.

Make the butter hot; slice the onion thin and fry to a light brown; stir in the flour and curry powder and cook a minute or so; add the stock slowly and boil up the sauce; skin and slice the tomato; peel and chop the apple; mix these in with salt, sugar, paste and cocoanut; simmer for 1 hour, stirring frequently; cut the meat into one-inch squares, removing most of the fat and skin; put into the sauce and heat gently through, unless the meat is very underdone, in which case simmer it until quite tender (it may take an hour). Serve in a border of rice (No. 422).

CURRIED CROQUETTES.

No. 218.

Croquettes (No. 221).

| Curry sauce.

Make the sauce as in the preceding recipe, only adding half a pint of stock instead of a quarter, and when sim-

mered strain ; drain the croquettes well after frying them, and put them into the sauce for 15 to 20 minutes to heat through, taking care not to break them. Serve in a border of rice (No. 422).

COLD MEAT CAKE.No. 219.

$\frac{1}{2}$ lb. cold meat.
1 egg.
1 oz. butter.
3 oz. breadcrumbs.

$1\frac{1}{2}$ gills sauce (No. 109).
Salt and pepper.
1 teaspoon chopped onion.

Mince the meat very fine, taking away the fat and skin ; melt the butter and fry the onion to a light colour ; put in the meat, breadcrumbs, sauce and seasoning ; stir well together and bind with the egg beaten ; grease a tin just large enough to hold the mixture ; line it with brown breadcrumbs, fill in with the meat, cover with a greased paper, and bake in a moderate oven for half an hour. Turn out and serve, brown sauce round.

This makes a pretty dish if done in small dariole moulds instead of a large tin.

COLD MEAT OLIVES.No. 220.

6 or 7 slices of cold meat.
 $\frac{1}{2}$ pint brown sauce (No. 109).

Forcemeat (No. 180).
Salt and pepper.

Trim the meat neatly round the edges ; the slices should be about 3 inches long by 2 wide ; spread a thin layer of the forcemeat down the centre of each slice ; roll up and tie them loosely round so as not to mark them ; put them into the sauce cold and simmer gently for half an hour ; dish them on a strip of mashed

potato and sauce over and round; garnish the dish with any kind of vegetable.

CROQUETTES.

No. 221.

| | |
|---------------------------|------------------|
| 6 oz. cold meat. | 1 oz. butter. |
| 1 teaspoon parsley. | 1 oz. flour. |
| 1 teaspoon chopped onion. | 1 gill stock. |
| A little grated nutmeg. | Salt and pepper. |

Mince the cold meat very fine, taking away all the fat, skin and gristle; melt the butter and fry the onion to a light brown; add the flour and stock; boil to a thick sauce; put in the meat, parsley, nutmeg and seasoning; stir over the fire until the mixture is hot through; spread out on a plate to cool; when firm enough make up into small round balls, using a very little flour, if necessary, if the meat is beef or mutton; egg and crumb the croquettes twice to make them a nice colour; fry in the basket in smoking hot fat to a golden brown; drain and serve with fried parsley or brown sauce.

COLD MEAT OMELET.

No. 222.

| | |
|---|------------------|
| 2 oz. cold meat. | 3 eggs. |
| $\frac{1}{2}$ teaspoon chopped parsley. | Salt and pepper. |
| $\frac{1}{2}$ teaspoon chopped onion. | 1 oz. butter. |

Chop the meat very fine; separate the whites from the yolks of eggs; put the yolks in a basin, mix in the meat, parsley, onion and seasoning; beat the whites to a stiff froth and stir in very lightly; make the butter hot in an omelet pan, gently boiling away from it the butter milk or water and then skim; pour in the omelet mixture; stir until just setting in a thick creamy state, then fold

over to one side of the pan ; turn on to a hot dish ; garnish with fried parsley and serve at once.

DURHAM CUTLETS.

No. 223.

2 oz. cold meat.
1 oz. butter.
2 oz. Carolina rice.
Salt and pepper.

$\frac{1}{2}$ teaspoon chopped onion.
 $\frac{1}{2}$ teaspoon chopped parsley.
1 egg.

Chop the meat quite fine, removing the skin, fat and gristle ; boil the rice in boiling salted water until quite tender ; drain dry ; melt the butter, cook the onion in it, add the meat, rice, parsley and seasoning ; stir until hot over the fire, take off, and add sufficient of the egg (beaten) to bind the mixture well ; spread out on a plate to set ; when ready make up into small cutlets, egg and crumb them carefully, fry in hot fat to a good brown ; serve in a circle on spinach or potato, with brown sauce round.

FRICASSEE OF COLD ROAST BEEF.

No. 224.

$\frac{1}{2}$ lb. cold beef.
 $\frac{1}{2}$ pint stock.
1 onion.
1 oz. ham.
4 oz. macaroni.

$\frac{1}{4}$ lb. mushrooms.
1 oz. butter.
 $\frac{1}{2}$ oz. flour.
Salt and pepper.
1 teaspoon parsley.

Slice the beef into quarter-inch slices ; make the butter hot ; chop finely the onions, mushrooms, ham and parsley ; fry these together for 5 or 10 minutes, stirring them about ; next stir in the flour and stock by degrees ; season and boil up ; take off the fire and, when well off the boil, lay in the slices of beef ; colour with a few drops of caramel and cook gently until the meat is tender ; serve in a border of boiled macaroni (No. 223).

HASHED MUTTON.No. 225.

| | |
|-------------------------|------------------|
| Remains of cold mutton. | 1 oz. butter. |
| 1 carrot. | 1 oz. flour. |
| 1 turnip. | 1 pint water. |
| 1 onion. | 6 peppercorns. |
| 1 sprig parsley. | 1 tomato. |
| 1 sprig thyme. | Salt and pepper. |

Cut off all the meat in slices quite half an inch thick ; break up the bones, put them into a stewpan with the cold water, vegetables cut in quarters, herbs and spices ; add some seasoning and a few drops of caramel ; simmer for $1\frac{1}{2}$ hours ; strain and remove any fat with kitchen paper ; melt the butter, fry the flour brown in it, add the stock by degrees, and stir to the boil ; skin and slice the tomato, place this in the thick sauce with the meat, and simmer very slowly until the meat is tender. Arrange the meat neatly on a dish, strain the sauce over, and sippets of dry toast round the dish.

LIEBIG PATTIES.No. 226.

| | |
|---------------------------------------|---------------------------------------|
| $\frac{1}{2}$ loaf bread. | 4 oz. cold meat. |
| $\frac{1}{2}$ pint Liebig's beef tea. | $\frac{1}{2}$ oz. butter. |
| Little grated nutmeg. | $\frac{1}{2}$ oz. flour. |
| Salt and pepper. | $\frac{1}{2}$ teaspoon chopped onion. |

Cut the bread into a two-inch slice, and from this cut out some small rounds with a pastry cutter ; take out the centre with a pointed knife, leaving a thin case all round ; dissolve half a teaspoon of Liebig's meat extract in half a pint of boiling water, allow it to cool, season with salt and pepper ; dip the cases in this and turn them upside down to drain, then egg and crumb them care-

fully and prepare a little lid for each ; fry them a nice colour in smoking hot fat ; drain on paper.

Melt the butter and fry the onion a little ; stir in the flour and the rest of the beef tea ; boil to a thick sauce, into which put the meat finely chopped ; season, add nutmeg and stir until hot ; fill the cases high, put a lid on, dish on a paper and garnish with parsley.

MINCE.No. 227.

$\frac{1}{2}$ lb. remains of cold meat.
1 carrot.
1 turnip.
1 onion.
1 sprig parsley.
1 sprig thyme.

1 oz. butter.
1 oz. flour.
1 pint water.
6 peppercorns.
Salt and pepper.

Put any bones and scraps from the meat into a pan with the water, vegetables cut up, parsley, thyme and peppercorns, a few drops of caramel and some seasoning ; simmer gently for an hour ; strain and take off the fat with a piece of kitchen paper ; melt the butter, fry the flour brown in it, stir in half pint of the stock or a little more if required (but a mince should be thick) ; boil up, take off the fire and put in the meat freed from fat and gristle and chopped fine ; stir over a gentle heat until hot through ; serve in a potato border (No. 160) or with sippets of dry toast.

MINCE AND TOMATOES.No. 228.

$\frac{1}{2}$ lb. cold meat.
1 teaspoon onion.
 $\frac{1}{2}$ pint stock.
 $\frac{1}{2}$ lb. tomatoes.
1 tablespoon brown bread-crumbs.

1 oz. butter.
 $\frac{1}{2}$ oz. flour.
Salt and pepper.
A little grated nutmeg.
1 teaspoon parsley.

Mince the meat very fine ; dissolve the butter, fry the

onion in it a little; add the flour and stock by degrees, season with salt, pepper and a very little nutmeg; stir to the boil, take off the fire and put in the meat, turn into a pie dish; drop the tomatoes into boiling water half a minute, skin and slice them in rounds; put these over the mince as a crust, sprinkle with brown breadcrumbs, seasoning and parsley; bake in a moderate oven half an hour.

MINCE PUDDING.No. 229.

4 oz. meat.

1 oz. butter.

Salt and pepper.

6 oz. flour.

 $\frac{1}{2}$ oz. flour. $1\frac{1}{2}$ gills stock.

A little grated nutmeg.

2 oz. suet.

Skin, shred and chop the suet very fine, using a little of the flour to keep it free; rub it well into the flour, add a little salt and mix into a stiff paste with cold water; work the crust smooth and roll it out on a floured board a quarter of an inch thick; grease a basin and line it with the pastry; cut off the trimmings and roll them out for a lid; melt the butter, cook the $\frac{1}{2}$ oz. flour in it, stir in the stock and boil up; season; add the meat chopped fine; pour into the lined basin; wet the edges of the crust and press the lid of pastry firmly to them; tie on a scalded and floured pudding cloth; plunge into boiling water and boil fast for 1 hour; turn out and pour round a little thickened stock flavoured with mushroom ketchup.

MINCE ROLLS.No. 230.

1 lb. potatoes.

 $1\frac{1}{2}$ oz. butter.

1 egg.

3 oz. cold meat.

 $\frac{1}{2}$ gill stock. $\frac{1}{4}$ oz. flour. $\frac{1}{2}$ teaspoon chopped onion.

A little grated nutmeg.

Take half the butter, melt it and fry the onion in it until a light brown; add the flour and stock, boil up, season and add the meat very finely chopped; boil the potatoes and pass them through a wire sieve; melt the other half of the butter, put in the potatoes, a little nutmeg and seasoning; stir until hot over the fire, take off and add the beaten egg. Take a small quantity of this and roll it into a small ball with the hand on a slightly floured board, flatten out to about half an inch thick; put a dessertspoon of the meat mixture in the centre; egg the edges of the potato and fold them over the meat; turn the roll over, pat it into a nice shape flat at the ends with a knife, and so on until the meat and potatoes are used up; place the rolls on a greased baking-tin, brush them with beaten egg, sprinkle with red crumbs and bake for 20 to 30 minutes in a brisk oven; garnish with parsley.

ROMAN PUDDING.No. 231.

| | |
|---|---|
| Remains of cold rabbit, veal or chicken. | 2 oz. macaroni. |
| $\frac{1}{2}$ pint white sauce (No. 133). | 2 oz. Parmesan cheese. |
| 4 oz. short crust (No. 239). | $\frac{1}{2}$ pint brown sauce (No. 109). |
| | Vermicelli. |

Grease a pint cake tin and sprinkle it all over with broken up vermicelli; roll out the short crust quite thin and line the tin right through with it; cut off the edges; boil the macaroni, drain it and cut it into short lengths; cut the rabbit into small thin slices, heat the white sauce and stir in the rabbit, macaroni and cheese; fill the mould with this mixture, place a lid of pastry on top, pressing the edges firmly together with a little egg; bake

in a good oven for 1 hour; turn out and pour round a good brown sauce.

SURPRISE POTATOES.

No. 232.

3 oz. mince (No. 227).

Salt and pepper.

6 large potatoes.

Choose good even-sized potatoes, scrub them quite clean, cut them in half and with a knife scoop out a good hole in each; season them with salt and pepper and fill the holes with the mince; make a stiffish paste of flour and water, brush the cut sides of the potatoes with it and stick them together again, being careful to put the right halves together or they will not stick in the cooking; bake the potatoes for about 1 hour in a quick oven. Serve on a napkin with parsley to garnish.

SCOLLOPS OF RABBIT.

No. 233.

6 oz. cold cooked rabbit.

$\frac{1}{2}$ pint white sauce (No. 133).

1 oz. butter.

3 oz. cooked ham.

3 oz. breadcrumbs.

Butter some scallop shells and sprinkle them with breadcrumbs; chop the rabbit and ham finely and mix into the sauce; season well; half fill the shells with layers of rabbit and breadcrumbs, using crumbs last; place a pat of butter on the top of each and bake for 15 to 20 minutes. Serve decorated with parsley.

TIMBALE OF COLD MEAT.

No. 234.

4 oz. cold mutton.

1 teaspoon chopped parsley.

1 teaspoon chopped onion.

Red breadcrumbs.

A little nutmeg.

$\frac{1}{2}$ lb. tomatoes.

1 oz. butter.

1 egg.

$1\frac{1}{2}$ lb. potatoes.

Grease a plain cake tin with butter and sprinkle it all

round with red breadcrumbs ; sieve the potatoes ; melt the butter, put in the potatoes, salt, pepper and a little nutmeg ; stir over the fire until hot, then beat in the egg well beaten ; drop some of this into the mould and with a spoon dipped in hot water line the tin thinly all round, working from the middle ; skin and slice the tomatoes and cut the meat into small thin wafers ; fill the mould with meat, tomatoes here and there, and sprinkle with onion and parsley, salt and pepper ; spread a lid of potatoes over the top, brush with egg and bake about an hour. Turn out and serve with the rest of the tomatoes, stewed down in a little butter and water to a sauce round the dish.

VEAL ITALIAN STYLE.No. 235.

$\frac{1}{2}$ lb. macaroni.
4 oz. breadcrumbs.
1 gill veal stock.
 $\frac{1}{2}$ teaspoon grated lemon.
1 gill brown sauce.

$\frac{1}{2}$ lb. cooked veal.
2 oz. cooked ham.
Salt and cayenne.
1 whole egg.
1 yolk.

Boil the macaroni tender (No. 423), but do not break it ; butter a plain mould well and line it neatly round with the macaroni ; mix together the breadcrumbs (previously soaked in the veal stock), the veal and ham minced, seasoning, brown sauce, lemon and eggs beaten ; pour carefully into the prepared mould, cover with a pudding cloth, plunge into boiling water and boil 1 hour. Serve with brown sauce round.

PASTRY, PUDDINGS AND SWEETS.

CORNFLOUR PASTRY.

No. 236.

3 oz. cornflour.
4 oz. flour.
Beaten egg and milk.

3 oz. butter.
2 oz. castor sugar.

Put the cornflour and flour into a mixing basin ; rub the butter lightly into it ; add the sugar and mix in enough beaten egg and milk to form a stiff paste ; work up into a smooth ball. This is a nice light pastry for lining dishes and plates for different sweets.

CHOUX PASTRY.

No. 236a.

4 oz. flour.
 $\frac{1}{2}$ pint water.
A pinch of salt.

$1\frac{1}{2}$ oz. butter.
1 whole egg.
1 yolk.

Dry and sift the flour ; boil the water and butter together in a saucepan ; take off the fire ; stir in the flour all at once ; beat vigorously until no lumps remain ; cook over a slow fire for a few minutes, beating all the time, until the pastry takes an oily appearance ; take off the fire and beat in the eggs and salt ; turn on to a floured board and make in the required shapes.

FLAKY PASTRY.No. 237.

$\frac{1}{2}$ lb. flour.
A pinch of salt.

3 oz. lard.
Cold water.

Pass the flour through a sieve into a mixing basin; take half the lard and rub it lightly into the flour with the tips of the fingers, keeping the flour as cool as possible; add the salt and mix into a stiff paste with cold water (the less water used the better, so long as the crust is not made tough); rub a little flour well into the board and on the rolling-pin; roll the pastry into a long strip, square at the edges, about an eighth of an inch thick. Divide the other half of the lard into three, lay one part in little pieces all down the crust evenly, dust slightly with flour, fold the crust into three; give it one turn round so that the open flap of pastry is at your right hand, seal the edges to keep in the air and roll out the same thickness again, commencing from the middle, so as to disperse the air in tiny bubbles all over the crust; proceed in this way until all the fat is rolled in, and if it is not thoroughly mixed with three rolls, give it one or even two rolls without any fat, always folding into three.

ROUGH PUFF PASTRY.No. 238.

$\frac{1}{2}$ lb. flour.
1 dessertspoon lemon juice.
A pinch of salt.

$2\frac{1}{2}$ oz. lard.
 $2\frac{1}{2}$ oz. butter.
Cold water.

Pass the flour through a wire sieve on to the pastry board; put the fat on it and with a sharp knife cut it into the flour in pieces about the size of half a walnut; make a well in the middle; mix the lemon with about three

parts of a gill of cold water; draw the flour and butter into a rough paste with it (do not keep the pastry long in the hand, but put it on one side as it is mixed up); clean the board and flour it well; roll the pastry out into a long strip, square at the edges; fold into three, folding the top end to the centre first; turn round once and roll out again, observing the same rules as in making flaky pastry, four or five times if necessary, to mix in the fat. When it is done it should appear quite free from streaks of fat and smooth. This, like most of the other pastries, requires a good oven for baking.

SHORT PASTRY (for savoury dishes).

No. 239.

$\frac{1}{2}$ lb. flour.

3 oz. butter, dripping or lard.

$\frac{1}{2}$ teaspoon salt.

$\frac{1}{2}$ teaspoon baking powder.

Sieve the flour into a basin; rub the fat in lightly, first covering it with flour and breaking into small pieces; when thoroughly incorporated, add salt and baking powder and mix into a smooth paste, stiff, with cold water; work it smooth with a little flour, using as little as possible, and roll out once on a floured board.

SHORT PASTRY (for sweet dishes).

No. 240.

$\frac{1}{2}$ lb. flour.

3 oz. lard, butter or dripping.

$\frac{1}{2}$ teaspoon sugar.

A good pinch of salt.

$\frac{1}{2}$ teaspoon baking powder.

Make exactly as in the preceding recipe.

SUET CRUST.

No. 241.

$\frac{1}{2}$ lb. flour.

3 oz. suet.

$\frac{1}{2}$ teaspoon salt.

Cold water.

Sieve the flour, skin, shred and then chop the suet

very fine, using some of the flour to keep it free ; rub it well into the flour, add the salt and mix into a stiff paste with cold water ; roll out once on a floured board.

APRICOT SWEET.No. 242.

| | |
|---------------------------|---|
| 2 oz. butter. | 3 oz. flour. |
| 2 oz. castor sugar. | $\frac{1}{2}$ teaspoon baking powder. |
| 2 eggs. | $\frac{1}{2}$ teaspoon vanilla essence. |
| 1 tablespoon apricot jam. | 1 gill water. |
| 1 tablespoon lemon juice. | 1 oz. loaf sugar. |
| Crystallised cherries. | 1 oz. cocoanut. |

Butter eight small dariole moulds and dredge them with flour ; beat the butter and sugar to a soft cream, smooth and nearly white ; stir in the eggs one at a time thoroughly ; add the vanilla and flour by degrees, lastly the baking powder ; half fill the moulds and bake to a light brown 15 to 20 minutes in a moderate oven ; turn out. In the meantime the sauce should be made. Put the apricot jam, water or sherry, sugar and lemon into a saucepan and boil gently to a nice syrup ; do not stir, but skim off all scum as it rises (it will take about 10 minutes) ; soak the cakes with the syrup while it is hot and do not strain it ; place half a cherry on the top of each and sprinkle round it a little cocoanut. Serve hot or cold.

APRICOT EGGS.No. 243.

| | |
|-------------------------|---------------------------------|
| A sixpenny spongecake. | $\frac{1}{2}$ tin apricots. |
| 4 pistachio kernels. | $\frac{1}{4}$ pint cream. |
| A few drops of vanilla. | $\frac{1}{2}$ oz. castor sugar. |

Cut the spongecake into slices a quarter of an inch thick, then into rounds a shade larger than half an apricot with

a fluted cutter ; sprinkle a little of the apricot syrup over them ; place half an apricot on each, choosing the ripest ones ; whisk the cream stiffly ; mix it with the sugar and vanilla ; put it into a forcing bag and force the cream round the edge of the apricot to represent the white part of a poached egg ; blanch and chop the kernels very fine, sprinkle a little on top of each egg. Serve on a lace paper.

ALMOND CREAM.No. 244.

| | |
|-------------------------|---------------------------|
| 1 lb. apples. | 4 oz. ground almonds. |
| 1 oz. loaf sugar. | 2 oz. butter. |
| 2 strips lemon rind. | 3 eggs. |
| 2 drops almond essence. | $\frac{1}{4}$ pint cream. |
| 6 oz. castor sugar. | |

Stew the apples to a thick marmalade, peel and core them and stew them gently with a very little water, the lemon and loaf sugar ; do not stir them while they are cooking, but shake the pan from time to time ; place them at the bottom of a pie dish, taking out the lemon ; dissolve the butter in a pan, put in the castor sugar, almonds, essence and eggs beaten to a light froth ; mix well together ; lay this on the apples and bake moderately for about half an hour ; when cold, whisk the cream, sweeten and flavour it slightly with almond essence ; pile on top of the almond. Serve with a pie frill round the dish.

ALMOND CHEESE CAKES.No. 245.

| | |
|-------------------------|---------------------|
| 6 oz. short crust. | 2 oz. castor sugar. |
| 2 oz. ground almonds. | 1 egg. |
| 2 drops almond essence. | Raspberry jam. |

Roll the pastry rather thin and line some greased

patty pans (10 or 12), cutting the pastry with a fluted cutter; place half a teaspoon of jam in the middle of each; mix the almonds, essence, sugar, yolk of egg and white whisked stiffly well together; put a teaspoonful in each patty pan, well covering the jam; place very narrow matches of pastry across the top; bake for 15 to 20 minutes in a moderate oven; dust with sugar.

ALMOND PUDDING.No. 246.

4 oz. breadcrumbs.
 1½ oz. almonds.
 2 oz. sultanas.
 2 drops almond essence.

2 oz. suet.
 2 oz. castor sugar.
 2 eggs.

Chop the suet very fine, using some of the breadcrumbs to help to keep it free; wash the sultanas, blanch and chop the almonds, whisk the eggs to a light froth; mix all the ingredients well together; pour into a greased mould, cover with greased paper, steam 1½ hours, turn out and serve with custard sauce (No. 114) flavoured with almond poured round.

APRICOT MOULD.No. 247.

1 tin apricots.
 1 oz. cornflour.

3 oz. castor sugar.
 A few drops cochineal.

Pass the apricots through a hair sieve, add the sugar and cochineal and stir to the boil in an enamel saucepan; mix the cornflour into a smooth cream with cold water, pour on the apricots, stir well, return to the saucepan and boil until quite clear, stirring well all the time; turn into a wetted mould and when cold turn out.

These moulds can be done in the same way with

any kind of fruit, or they may be set with $\frac{3}{4}$ oz. gelatine dissolved and stirred into the fruit.

AMBER JELLIES.No. 248.

Juice of 2 lemons.
Rind of 1 lemon.
3 cloves.
 $\frac{3}{4}$ oz. gelatine.

2 eggs.
 $\frac{3}{4}$ pint water.
 $\frac{1}{4}$ pint sherry.
3 oz. loaf sugar.

Peel the lemon very thin; put it into a stewpan with the eggs whisked and all the other ingredients; stir over a very slow fire for 10 minutes; strain into a basin, stir until nearly cold and pour into a wetted mould; when set, dip into hot water and turn out immediately.

APPLE FRITTERS.No. 249.

1 lb. apples.
1 gill tepid water.
1 egg.

4 oz. flour.
1 teaspoon salad oil.
Sugar.

Peel the apples and slice them rather thinly; with a round cutter stamp out the core; put the flour into a basin and stir into it the oil, yolk of the egg and water; stir smooth and beat the batter for 5 minutes; whisk the white of the egg to a stiff froth with a pinch of salt and mix lightly in; pass the apple rings through the batter, take them out on a skewer and drop them carefully into smoking hot fat; fry to a light golden colour; drain them on paper and dust well with castor sugar.

N.B.—The same batter will do for all fruit fritters.

BAKEWELL TART.

No. 250.

$\frac{1}{2}$ lb. short crust (No. 240).
2 oz. butter.
1 egg.
1 tablespoon milk.

$1\frac{1}{2}$ oz. ground rice.
2 oz. castor sugar.
 $\frac{1}{2}$ teaspoon baking powder.
2 tablespoons strawberry jam.

Grease a pudding plate and line it with the pastry rolled out an eighth of an inch thick ; prick the middle of the pastry well all over and spread on the jam ; beat the butter and sugar to a smooth cream with a wooden spoon, whisk the egg and stir it in ; lastly the ground rice and baking powder ; cover the jam thickly with this mixture ; bake in a quick oven half an hour ; dust with sugar and slip on to a sieve to cool.

BANBURY CAKES.

No. 251.

$\frac{1}{2}$ lb. rough puff pastry.
2 oz. sultanas.
2 oz. candied peel.
Rind and juice of 1 lemon.
2 oz. butter.

2 oz. castor sugar.
1 teaspoon spice.
2 oz. raisins.
 $\frac{1}{2}$ wineglass brandy.

Roll the pastry out a quarter inch thick ; cut out some oval shapes with a plain cutter ; stone and chop the raisins ; clean currants and sultanas ; slice the peel small and thin (the spice is to be equal quantities of nutmeg, cinnamon and ground ginger) ; dissolve the butter ; take off the fire and stir into it all the ingredients ; place a dessertspoon of the mixture in the centre of each shape of pastry ; wet the edges and seal them over the fruit ; turn the cakes over and slightly flatten them with a rolling-pin ; place on a greased baking-tin and bake 20 to 30 minutes in a quick oven ; brush over the top of

each with beaten white of egg and dust with sugar; set this in the oven for 5 minutes. Put on a sieve until cold.

BROWN BREAD AND BUTTER PUDDING.

No. 252.

| | |
|-------------------------|--------------------------|
| 3 oz. brown bread. | $\frac{1}{2}$ pint milk. |
| Marmalade. | 2 eggs. |
| A little grated nutmeg. | 2 oz. sugar. |

Slice the bread quite thin and spread it with butter, then rather thickly with marmalade; cut into small oblong pieces and place lightly in a greased pie dish; whisk the eggs to a light froth and mix with the sugar and milk; pour over the bread, sprinkle the nutmeg on top, stand by for 10 minutes to soak, then bake in a moderate oven for 20 to 30 minutes; dust with sugar.

BLANC-MANGE.

No. 253.

| | |
|-----------------------------|----------------------------------|
| 1 pint milk. | $1\frac{1}{2}$ oz. castor sugar. |
| $\frac{3}{4}$ oz. gelatine. | Cochineal. |
| 2 strips lemon. | Pinch of salt. |

Put the milk, flavouring and sugar on the fire and stir until it is hot; add the gelatine and continue stirring over a gentle heat until it is quite dissolved; strain into two basins, colour one half with cochineal to a pale pink; stir the milk until nearly cold; pour into small wetted moulds; when set, plunge into hot water and turn out quickly.

BOILED CUSTARD (for glasses).

No. 254.

| | |
|--------------------------|----------------------------------|
| $\frac{3}{4}$ pint milk. | 1 strip lemon rind. |
| 1 whole egg. | $1\frac{1}{2}$ oz. castor sugar. |
| 2 yolks. | |

Whisk the eggs in a basin until very light; boil the

milk and whisk it a little at a time to the eggs, taking care not to curdle them; strain into a jug; add the lemon; stand the jug in a pan of simmering water and stir until the custard turns sufficiently thick to coat the spoon; take out of the water, add the sugar, take out the lemon and stir until the custard is cold to prevent a scum forming on the top; pour into custard glasses and put two grates of nutmeg on top of each.

BLAKEMORE PUDDING.No. 255.

Cornflour pastry (No. 236).
Juice and rind of 1 lemon.

2 tablespoons jam.
One 1d. spongecake.

Divide the pastry; roll it out on a floured board and line a greased pudding plate with one half; crumble the spongecake; grate the lemon and squeeze the juice; mix these together with the jam; prick the middle of the pastry well over and spread on the mixture; cover with the other half of pastry rolled out; decorate the edges with a pastry jagger and bake for 20 to 30 minutes; dust with sugar.

COLD SAGO PUDDING.No. 256.

1 pint milk.
2 eggs.
 $\frac{1}{2}$ teaspoon essence of vanilla.

2 oz. small sago.
2 tablespoons jam.
2 oz. castor sugar.

Wash the sago and boil it gently in the milk, stirring until it is quite cooked and the milk is thick; take off the fire; add the vanilla, sugar and yolks of the eggs; put the jam at the bottom of a sweet dish; pour over the sago; put a pinch of salt with the whites, also one drop of

cochineal and whisk to a stiff froth ; mix into them lightly 2 oz. castor sugar ; pile on the top of the sago and set in a cool oven until the meringue is set, but it is not to be coloured.

COMPÔTE OF ORANGES AND COCOANUT.

No. 257.

6 juicy oranges.
2 oz. cocoanut.

1 gill water.
2 oz. loaf sugar.

Take the thin rind of one orange, put it into an enamel pan with the water and sugar ; boil gently to a nice thick syrup about 10 minutes, skimming it to keep it clear ; strain and allow to go cold ; peel all the oranges and take away every particle of the bitter, white pith ; slice them a quarter of an inch thick and take out the pips with a teaspoon ; arrange the slices in a glass dish with layers of cocoanut in between ; pour the syrup over and stand by an hour or so before serving. Tangerine oranges are nice for this dish.

COCOANUT PUDDING.

No. 258.

6 oz. short crust (No. 240).
 $\frac{1}{2}$ pint milk.
1 oz. cake crumbs.
3 oz. cocoanut.

2 oz. sugar.
 $1\frac{1}{2}$ oz. butter.
2 eggs.

Grease a pie dish ; roll out the pastry thin ; cut it into strips and line round the sides half-way down, pressing the pastry a little over the edges to allow for shrinking in the cooking ; cut out some small shapes of pastry and arrange them prettily round the edge, first slightly wetting the pastry to make them stick ; stew the cocoanut in the milk slowly by the side of the fire until it is

quite tender, stirring it occasionally; cream the butter and sugar; stir in the yolks of the eggs, the cake crumbs and cocoanut, lastly add the whites of eggs whisked to a stiff froth; pour into the pie dish and bake in a moderate oven half an hour; dust with sugar. Serve hot or cold.

CUSTARD CORNETS.No. 259.

$\frac{1}{2}$ lb. flaky pastry (No. 237).
Jam.
1 oz. castor sugar.
 $\frac{1}{2}$ teaspoon vanilla essence.

$\frac{1}{2}$ pint milk.
1 dessertspoon cornflour.
Yolks of 2 eggs.
Cherries.

Roll the pastry into a long thin piece and cut into strips about $1\frac{1}{2}$ inches wide; wet down the right hand side of the strip with water or beaten egg; take 6 or 8 small cornet moulds, grease them on the outside, place them on the strips of pastry slightly slanted; roll the mould in the pastry until it is quite covered, trim off to the shape at the top; place the cornets on a greased tin and bake 15 minutes; slip out the moulds and allow the pastry to cool, when place a little jam at the bottom of each one; stir the cornflour smooth in a basin with a little of the milk; boil the rest and pour it on, stirring; boil for 2 or 3 minutes; take off the fire and add the yolks, sugar and vanilla; fill the moulds with this custard when it is cold; place half a cherry on top and dust with sugar.

COBURG PUDDING.No. 260.

6 oz. short crust (No. 240).
1 lb. apples.
1 strip lemon rind.
2 oz. loaf sugar.
1 tablespoon apricot jam.

2 eggs.
 $\frac{1}{2}$ pint milk.
1 oz. castor sugar.
Vanilla essence.
1 dessertspoon cornflour.

Line and decorate a pie dish (No. 258); peel, core and

quarter the apples ; put them on to stew gently with the lemon, loaf sugar and a very little water ; cook to a thick marmalade without stirring ; take out the lemon and put the apples at the bottom of the pie dish, over which spread the jam ; boil the milk ; stir the cornflour to a smooth cream with a little cold milk ; pour on the milk and boil for 2 or 3 minutes ; take off the fire and beat in the sugar, vanilla and yolks of the eggs ; pour over the jam ; whisk the whites with a pinch of salt to a stiff froth ; mix lightly with 2 oz. castor sugar ; pile on top of the pudding ; bake gently for 10 or 15 minutes.

CHOCOLATE CREAM.No. 261.

3 oz. grated chocolate.
 $\frac{1}{2}$ pint milk.
 2 yolks of eggs.
 Vanilla essence.

$\frac{1}{4}$ oz. gelatine.
 $\frac{1}{2}$ oz. castor sugar.
 $\frac{1}{2}$ gill cream.

Grate the chocolate and pour the boiling milk on to it ; put into a stewpan and cook a few minutes ; cool a little and stir in the yolks and cream mixed together, sugar and a few drops of vanilla ; melt the gelatine in a half gill of water and stir into the cream ; pour into a wetted mould and set ; turn out, first just dipping the mould in hot water ; sprinkle with a little cocoanut or chopped pistachio nut.

CHOCOLATE SPONGE.No. 262.

4 oz. grated chocolate.
 2 sheets gelatine.
 A few drops vanilla.

1 gill water.
 $1\frac{1}{2}$ oz. castor sugar.
 Whites of 3 eggs.

Put the chocolate, sugar, water and gelatine into

a stewpan and dissolve very slowly for about 5 or 6 minutes, stirring all the time; whisk the whites to a very stiff froth; take the chocolate off the fire and mix them together very lightly; pile up in a glass dish; sprinkle with a little chopped pistachio nut and decorate with one or two crystallised cherries.

COCOA CREAM.No. 263.

| | |
|---|-----------------------------|
| 1 oz. Cadbury's cocoa. | 1 pint milk. |
| 1 oz. sugar. | 1 tablespoon cornflour. |
| $\frac{1}{2}$ teaspoon vanilla essence. | $1\frac{1}{2}$ oz. almonds. |
| Two eggs. | |

Put the cocoa, sugar and cornflour into a mixing basin and stir to a smooth cream with a little of the cold milk; boil the rest and pour on to the cocoa; stir well and boil for 5 minutes to make the cream very shiny; take off the fire and stir in the yolks of the eggs and vanilla; pour this into a sweet dish; whisk the whites stiff with a pinch of salt and mix with 2 oz. castor sugar; pile on the top in a pyramidal form, grate over the top a little chocolate; blanch and shred the almonds and sprinkle them on the cocoa.

N.B.—If preferred the meringue may be baked crisp first in a very cool oven.

COCOA MOULD.No. 264.

| | |
|----------------------------|---------------------------|
| 1 pint milk. | 2 dessertspoons Cadbury's |
| 2 dessertspoons cornflour. | cocoa. |
| 1 tablespoon sugar. | |

Mix together the cocoa, cornflour and sugar; stir them

to a smooth cream with a little of the milk; boil the rest and pour on, stirring well to prevent the mixture becoming lumpy; boil well for 4 or 5 minutes and pour into a wetted mould; when set, turn out and serve with custard sauce flavoured with vanilla (No. 114).

COFFEE SHAPE.No. 265. $\frac{3}{4}$ pint milk.

1 tablespoon cornflour.

 $\frac{1}{4}$ pint strong coffee.

1 tablespoon sugar.

Stir the cornflour smooth with a little cold milk; boil the rest and the coffee; pour on to the cornflour; stir well and return to the pan; boil 3 or 4 minutes; take off the fire and add the sugar; pour into a wetted mould and set.

COFFEE PUDDING.No. 266.

1½ gills milk.

3 penny spongecakes.

 $\frac{1}{2}$ gill strong coffee.

1 oz. castor sugar.

2 eggs.

Jam sauce.

Butter a plain mould well; slice the spongecakes and lay them in; beat the eggs lightly; mix them with the cold milk and coffee; add the sugar and pour over the cakes; cover with a greased paper and steam very gently for 1½ hours; turn out and when cold coat over with cold apricot jam sauce (No. 128).

CHOCOLATE ECLAIRS.No. 267.

Choux pastry (No. 236).

Chocolate icing (No. 328).

 $\frac{1}{2}$ oz. castor sugar.

1 gill cream or custard.

A few drops vanilla.

Put the pastry on a well-floured board; roll it out with the palms of the hands lightly into a long roll about

1 inch thick ; cut into lengths 4 inches long ; brush over with beaten egg and place on a baking sheet ; bake in a good oven at first, then in a moderate heat for 40 minutes ; put on a sieve to cool, when make a small cut on the underneath side of the rolls and take out any soft part from the centre ; whip the cream, sweeten and flavour it ; fill the eclairs and ice them over.

CANARY PUDDING.No. 268.

3 oz. butter.

3 oz. sugar.

A few drops vanilla.

2 eggs.

4 oz. flour.

 $\frac{1}{2}$ teaspoon baking powder.

Beat the butter and sugar to a light cream ; stir in the eggs one at a time and then mix the flour in lightly ; add the vanilla and baking powder ; pour into a well-greased mould, cover with greased paper and steam slowly for 1 hour ; turn out, dust with sugar and pour jam sauce (No. 128) round, or the pudding may be baked for 40 minutes.

CHERRY PUDDING.No. 269. $\frac{1}{2}$ pint milk. $1\frac{1}{2}$ oz. sugar.

Vanilla essence.

1 gill water.

Juice of half a lemon.

2 oz. loaf sugar.

1 penny spongecake.

1 whole egg.

1 yolk.

2 oz. crystallised cherries.

Cochineal.

 $\frac{1}{4}$ oz. gelatine.

Cut the cake and cherries into quarters ; whisk the eggs in a basin, boil, and whisk the milk on to them ; put the custard into a jug and stir it in hot water until it thickens ; add the sugar, vanilla and a drop or two of cochineal to

make it cherry colour, and put into it half the cherries and the cake; dissolve the gelatine in half a gill of water and stir into the custard; pour into a wetted mould or into several small ones; when set turn out, just immersing the mould first in hot water to loosen the gelatine, and pour over them the cherry sauce.

For the Sauce.—Put the lemon juice, loaf sugar and water into a pan and boil it to a syrup 10 minutes; take off the fire and drop in the other half of the cherries; allow to go cold.

CHANTILLY PUDDING.

No. 270.

4 eggs.
4 oz. castor sugar.
Cocoanut.
 $\frac{1}{2}$ pint milk.
Vanilla essence.

2 oz. flour.
 $\frac{1}{2}$ teaspoon baking powder.
Jam.
1 dessertspoon cornflour.
1 stick angelica.

Grease and flour a plain oval border mould; take two of the eggs and whisk them with 2 oz. of the sugar until thick and nearly white; stir in the flour and baking powder lightly; pour into the mould and bake in a moderate oven about 10 minutes; turn out and cool; spread all over the outside with jam and sprinkle with cocoanut; place on a glass dish and put a good tablespoon of jam at the bottom; mix the cornflour smooth with a little of the milk, boil the remainder and pour on; stir well and boil for 2 or 3 minutes; take off the fire and stir in the yolks only of the other two eggs; add sugar and flavour with vanilla; pour this on top of the jam, whisk the two whites to a stiff froth, mix lightly with 2 oz. castor sugar and pile roughly on top of the custard; pass a narrow stick of angelica through warm water to make it flexible

and place it over the white of egg to form a basket handle ; decorate with a few cherries and serve cold.

N.B.—Cream may be substituted for the whites.

CAMBRIDGE PUDDING.No. 271.

| | |
|-------------------------|--|
| 4 oz. flour. | $\frac{1}{2}$ pint milk. |
| 2 eggs. | $\frac{1}{2}$ pint green gooseberries. |
| A little grated nutmeg. | 1 oz. sugar. |
| A good pinch of salt. | |

Well grease a pie dish ; put in the gooseberries and shake the sugar over them ; put the flour and salt in a basin ; drop the eggs into it and stir in the milk by degrees ; beat for 5 or 6 minutes ; pour over the gooseberries, dust the nutmeg on top and bake for 40 minutes ; turn out and well dust with sugar.

ECCLES CAKES.No. 272.

| | |
|---|-----------------------------------|
| $\frac{1}{2}$ lb. flaky pastry (No. 237). | 1 $\frac{1}{2}$ oz. candied peel. |
| 1 oz. butter or lard. | 2 oz. sugar. |
| 2 oz. currants. | $\frac{1}{4}$ teaspoon nutmeg. |

Roll the pastry out an eighth of an inch thick and cut into rounds with a cutter ; chop the candied peel ; wash and dry the currants ; melt the butter ; put in the fruit, sugar and nutmeg ; mix well together ; place a heap on the rounds of pastry ; wet the edges and firm them together over the top of the fruit ; turn the cakes over ; flatten them with a rolling-pin without allowing the fruit to break through ; put on greased tins and bake 15 to 20 minutes ; dust well with sugar and serve cold.

FRIED CREAMS.No. 273.

| | |
|--------------------------|---------------------------------|
| $\frac{1}{2}$ pint milk. | $1\frac{1}{2}$ oz. flour. |
| 1 oz. castor sugar. | $1\frac{1}{2}$ oz. butter. |
| Yolk of 1 egg. | $\frac{1}{2}$ teaspoon vanilla. |
| Cake crumbs. | 1 whole egg. |

Dissolve the butter, stir in the flour, cook it a minute without browning; add the milk and sugar; boil to a thick sauce, beat quite smooth; take off the fire; stir in the yolk of the egg and vanilla; turn out on a plate; when quite cold take up in good teaspoons, dip into the egg well beaten and then in fine cake crumbs; fry to a light golden colour in hot fat; drain and dish piled high; dust with sugar and serve with jam sauce (No. 128).

FIG AND APPLE PUDDING.No. 274.

| | |
|---------------------------|--------------------|
| $\frac{1}{2}$ lb. figs. | 3 oz. suet. |
| $\frac{1}{4}$ lb. apples. | 2 eggs. |
| 4 oz. sugar. | 1 oz. flour. |
| Salt and nutmeg. | 6 oz. breadcrumbs. |
| $\frac{1}{2}$ gill milk. | |

After making the breadcrumbs use them to chop the suet and figs very fine, first shredding them; peel, core and chop the apples; beat the eggs and mix all the ingredients together; pour into a well-greased basin; boil for 3 hours, covering the basin with a scalded and floured cloth. Serve with any sweet sauce.

FRUIT SALAD.No. 275.

| | |
|---|----------------------|
| Equal quantities of any kind of fruit. | 6 pistachio kernels. |
| 1 oz. almonds. | 1 lb. loaf sugar. |
| | 1 pint water. |

Any kind of fruit in season can be used (the larger

variety the better)—grapes, bananas, apricots, cherries, currants, oranges, etc. The fruits should be prepared by being cut into convenient pieces (that is, the larger sorts—bananas, apricots, etc.), peeled and stones taken out; blanch and shred the almonds and pistachios.

Boil the sugar and water to a nice thick syrup about 20 minutes until it will drop thick from the spoon and skim it if necessary, but do not stir it or it will look cloudy. Let it go cold, and then a wineglass of brandy or liqueur will much improve it. Pour over the fruits in a glass dish and sprinkle with the nuts.

GERMAN PUDDING.No. 276.

1 lb. ripe fruit.

 $\frac{1}{2}$ lb. sago.

1 pint water.

4 oz. lump sugar.

Soak the sago in cold water for 2 hours; stew the fruit in the water with the sugar until tender; sieve it through a hair sieve; return it to the stewpan with the sago; stir over the fire until the sago is quite clear; pour into a mould; when cold and set, turn out and serve with cream or custard.

GINGER PUDDING.No. 277. $\frac{1}{2}$ pint milk.

2 oz. crystallised ginger.

1 whole egg.

 $\frac{1}{4}$ oz. gelatine.

1 yolk of egg.

1 gill water.

2 oz. loaf sugar.

A few drops of caramel (No. 418).

1 penny spongecake.

2 oz. castor sugar.

Beat the eggs to a light froth and whisk the milk into them boiling; put into a jug and stir in simmering

water until thick; take off the fire and add the sugar, half the ginger cut in small dice, also the cake cut small; dissolve the gelatine in a very little warm water and mix into the custard; pour into a mould and set; boil the lump sugar and gill of water to a syrup for about 10 minutes, skimming; take off the fire; drop in the rest of the ginger cut in dice and a few drops of caramel to make the syrup ginger colour; allow to go cold; turn out the mould and pour the sauce over.

GOLDEN PUDDING.No. 278.

6 oz. breadcrumbs.

2 oz. suet.

1 egg.

2 tablespoons marmalade.

1 oz. candied peel.

A pinch of salt.

Skin, shred and chop the suet with the breadcrumbs; beat the egg and mix all the ingredients together; pour into a greased mould; cover with a greased paper and steam 1 hour. For the sauce boil together 1 oz. lump sugar, $\frac{1}{2}$ gill water and one tablespoon of marmalade; pour round the pudding.

GINGER SPONGE.No. 279. $\frac{1}{2}$ lb. flour.

3 oz. suet.

1 egg.

 $\frac{3}{4}$ gill milk.

1 teaspoon ground ginger.

 $\frac{1}{2}$ teaspoon carbonate of soda.

4 oz. golden syrup.

Chop the suet very fine with the flour; beat the egg and mix all the ingredients well together; pour into a well-greased mould; cover with a greased paper; steam $2\frac{1}{2}$ hours; turn out and pour round a sauce of equal quantities of warm syrup and lemon juice.

JAM FRITTERS.No. 280.

4 oz. flour.
1 whole egg.
1 yolk.

$\frac{1}{2}$ pint water.
1 oz. butter.
A pinch of salt.

Boil the water and butter ; take off the fire ; stir in the flour all at once and beat well ; cook over a slow fire, stirring all the time ; then off the fire ; beat in the eggs one at a time. Have the deep, frying fat smoking hot, but not too fierce ; drop in the batter in half dessertspoonfuls, 8 or 10 at a time ; move them about with the fish-slice and fry them a light brown for 4 minutes ; drain ; dust with sugar ; take a small lid off each with a pair of hot scissors and place in each a teaspoon of warm jam. Serve piled up on a dish paper.

JUNKET.No. 281.

1 quart new milk.
1 oz. castor sugar.

Junket powder.
Flavouring.

Heat the milk to 90° F. ; dissolve the sugar in it ; pour into a glass bowl ; stir in the junket powder (the quantity will be given on the bottle ; " Wilson's Junket Powder " is a very good curd-producer) ; allow the junket to stand quite still until set in the kitchen, then dust with nutmeg and put away in a cool place.

LEMON CHEESE CAKES.No. 282.

$\frac{1}{2}$ lb. rough puff pastry.
1 egg.
Rind of 1 lemon.
1 tablespoon lemon juice.

2 oz. butter.
2 oz. castor sugar.
2 penny spongecakes.

Roll out the pastry an eighth of an inch thick ; stamp into

rounds with a fluted cutter and line one dozen patty pans ; cream the butter and sugar with a wooden spoon ; beat in the egg, then the rind and juice of the lemon, with the cakes passed through a wire sieve ; place a good tea-spoon of the mixture in the pastry ; bake for 20 to 30 minutes ; dust them with sugar.

LEMON PUDDING.No. 283.

6 oz. short crust (No. 240).

2 oz. ground rice.

 $\frac{1}{2}$ pint water.

1 lemon.

2 oz. castor sugar.

2 eggs.

Line and decorate a pie dish with the pastry (No. 258) ; boil the rice and water to a thick paste over a slow fire, stirring all the time ; take off the fire, stir in the sugar, the lemon rind grated, juice strained and the yolks of the eggs ; pour into the dish and bake 20 to 30 minutes in a moderate oven ; whisk the whites to a stiff froth, mix them lightly with 2 oz. of castor sugar and pile on top of the pudding ; bake again slowly for 10 minutes to set the meringue.

LEMON JELLIES.No. 284. $1\frac{1}{2}$ pints water. $\frac{1}{2}$ pint lemon juice. $1\frac{1}{2}$ oz. gelatine.

2 cloves.

Rinds of 2 lemons.

2 whites of eggs.

The shells.

5 oz. loaf sugar.

 $\frac{1}{2}$ inch cinnamon.

Use a very clean pan for this jelly or it will be made cloudy directly ; peel the lemons very thin ; strain the juice ; whisk the eggs ; wash and crush the shells ; put all the ingredients into the saucepan ; whisk over a brisk

fire until boiling; take out the whisk and give the jelly one boil up; stand it by the side of the fire to settle with the lid partly on about 10 minutes; strain through a linen cloth scalded and tied over the legs of a chair turned upside down; if not quite clear with one straining pour the jelly carefully through the cloth again; pour into wetted moulds and set; plunge the moulds into hot water before turning out the jelly.

LEMON SPONGE.No. 285. $\frac{1}{2}$ oz. gelatine.

Juice of 2 lemons.

Rind of 1 lemon.

 $\frac{1}{2}$ pint water. $1\frac{1}{2}$ oz. lump sugar.

2 whites of eggs.

Take the rind thinly off one lemon, put it into a saucepan with the sugar, water and gelatine; stir over a slow fire until nicely flavoured and the gelatine dissolved; strain into a basin; add the lemon juice strained and the whites of the eggs; whisk all together until setting, when pour into a mould or pile up on a glass dish. Half may be coloured pink if preferred.

MERINGUES.No. 286.

2 whites of eggs.

A pinch of salt.

6 oz. castor sugar.

 $\frac{1}{4}$ pint cream.

Vanilla essence.

Put the whites into a basin with a good pinch of salt; whisk slowly at first, then quicker until they are very stiff; sift the sugar, put it to the eggs and stir it in quickly and lightly; put the mixture in a forcing bag without a forcer at the end and force small round meringues on to a board well oiled and lined with oiled

paper; dust them well with sugar and bake them in a slow oven for 40 minutes, turning them round frequently (they must scarcely turn colour); when quite set take them carefully off the paper and scoop out the soft part with a teaspoon; put them on a clean dry paper upside down and into a cool oven again until perfectly dry; when cold fill them with the cream whipped, flavoured and sweetened. Serve at once, as they soon become soft after the cream is put in.

ORANGE JELLY.No. 287.

1 pint orange juice.

6 oz. loaf sugar.

 $\frac{1}{2}$ pint water. $1\frac{1}{4}$ oz. gelatine.

Take off the thin rind of two oranges; put it into a saucepan with the gelatine and sugar; stir over a slow fire until both are dissolved; strain into a basin; squeeze the oranges and strain to the gelatine, etc.; pour into wetted moulds and set.

PANCAKES.No. 288.

5 oz. flour.

 $\frac{1}{2}$ pint milk.

2 eggs.

 $\frac{1}{4}$ teaspoon salt.

Put the flour and salt into a basin; drop the eggs into the middle of it, and with half the milk stir out all the lumps and beat the batter for 5 minutes; then stir in the remaining milk by degrees; pour into a jug. Make 1 oz. of lard hot in a saucepan; pour three drops of it into a small frying-pan and make it smoking hot; pour in enough batter to thinly cover the pan, fry to a light brown and crisp, toss over and fry on the other side; turn on to sugared paper to drain; dust with sugar and roll up; fry them all in this way and serve very hot.

PRUNE MOULD.

No. 289.

1 lb. prunes.
Rind of 1 lemon.
3 oz. loaf sugar.

1 pint water.
 $\frac{1}{2}$ gill sherry.
 $\frac{3}{4}$ oz. gelatine.

Wash the prunes; stew them very slowly with the sugar, sherry and lemon rind for $1\frac{1}{2}$ to 2 hours; pass them through a wire sieve; dissolve the gelatine in a very little water; stir to the prunes and pour into a wetted mould; when set, immerse in hot water, turn out and decorate with a few cherries cut in halves.

PINE APPLE SWEET.

No. 290.

Half a tinned pine-apple.
 $\frac{1}{2}$ pint milk.
2 eggs.

$1\frac{1}{2}$ oz. castor sugar.
1 dessertspoon cornflour.

Cut the pine-apple into quarter-inch slices and lay them in a pie dish; dust well with sugar; stir the cornflour smooth with a little milk; boil the rest and pour on; boil for 2 or 3 minutes; take off the fire, add the sugar and yolks of eggs; pour this over the pine-apple; whisk the whites stiffly; add 2 oz. castor sugar; pile on top of the custard and bake crisp for 15 minutes; decorate with pieces of angelica.

QUEEN PUDDING.

No. 291.

4 oz. breadcrumbs.
2 oz. castor sugar.
 $\frac{1}{2}$ teaspoon vanilla.

2 tablespoons jam.
2 eggs.
 $\frac{1}{2}$ pint milk.

Boil the milk and pour it on to the crumbs; when well soaked stir in the sugar, yolks of the eggs and vanilla; pour into a greased pie dish and bake 15 minutes; spread

the jam over, whisk the whites to a stiff froth, mix with 2 oz. castor sugar; pile on the top in a rough heap; bake again slowly for ten minutes; decorate with cherries.

RICE MERINGUE.

No. 292.

| | |
|---------------|------------------------|
| 1 oz. butter. | 3 oz. ground rice. |
| 1 pint milk. | 2 oz. sugar. |
| 3 eggs. | 1 inch stick cinnamon. |
| Apricot jam. | Pinch of salt. |

Boil the rice, butter and milk with the spice to a thick cream; take out the cinnamon, stir in the sugar and yolks of egg; when cool enough pour into a pie dish; spread the jam over; whisk the whites stiffly; mix with 2 oz. castor sugar; set them in a cool oven, but do not brown, for 10 minutes; sprinkle with chopped pistachio nuts.

RHUBARB FOOL.

No. 293.

| | |
|-------------------------|------------------------------------|
| 5 sticks young rhubarb. | $\frac{1}{4}$ pint cream <i>or</i> |
| 2 strips lemon rind. | $\frac{1}{4}$ pint custard. |
| 4 oz. loaf sugar. | 1 gill water. |

Cut the rhubarb into 5-inch lengths; put it into a stewpan with the lemon, water and loaf sugar; stew gently until quite tender; pass through a hair sieve; whip the cream and mix with the rhubarb when it is cold; fill custard glasses three parts full and serve.

RASPBERRY PUDDING.

No. 294.

| | |
|--------------------|---------------------|
| 7 oz. breadcrumbs. | 3 oz. castor sugar. |
| 3 oz. butter. | 2 eggs. |
| Vanilla. | Raspberry jam. |

Beat the butter and sugar to a cream; whisk the eggs

and stir them in alternately with the breadcrumbs; add half teaspoon of vanilla; grease a plain round tin, line it with brown breadcrumbs, put in a layer of the mixture, then a thin layer of jam, not allowing it to run too near the sides of the tin, and so on until the tin is full, finishing off with a layer of the mixture; cover with a greased paper and bake 40 minutes in a moderate oven; turn out and dust with sugar; pour custard sauce round.

RED CURRANT AND RASPBERRY PUDDING.

No. 295.

| | |
|---------------------------------|--------------------|
| $\frac{1}{2}$ lb. red currants. | 4 oz. sugar. |
| $\frac{1}{2}$ lb. raspberries. | 4 oz. breadcrumbs. |

Cut the bread into thin slices and line a small basin round with it; stew the fruit with the sugar until tender; allow it to get cold; fill up the basin with layers of the fruit and thin slices of bread; stand by to soak and set about 4 hours; turn out and serve with cream.

RICE CHEESE CAKES.

No. 296.

| | |
|---|-----------------------|
| $\frac{1}{2}$ lb. short crust (No. 24). | 4 oz. currants. |
| 3 oz. butter. | 4 oz. Demarara sugar. |
| 3 dessertspoons ground rice. | 1 oz. candied peel. |
| A little nutmeg. | Yolks of 2 eggs. |

Roll the pastry out and line some small greased patty pans with it; clean the currants; cut the peel small and thin; melt the butter; put in all the ingredients and mix well; bake for 15 to 20 minutes; dust with sugar.

SAVOY PUDDING.

No. 297.

| | |
|---------------------|---------------------|
| 3 savoy biscuits. | 3 oz. castor sugar. |
| 1 gill milk. | 2 oz. butter. |
| 1 wineglass sherry. | Rind of 1 orange. |
| 3 eggs. | |

Cream the butter and sugar; mix the yolks and milk

and stir in alternately with the biscuits crumbed, lastly the sherry and grated rind of the orange; bake 20 minutes in a greased pie dish; whisk the whites, mix them with 2 oz. castor sugar, pile on top of the pudding and bake 10 minutes in a cool oven; decorate with spikes of angelica.

STEWED FIGS.No. 298.

1 lb. figs.
2 strips lemon rind.
4 oz. loaf sugar.

$\frac{1}{2}$ pint water.
 $\frac{1}{2}$ gill sherry.

Boil the water, sugar, lemon and sherry gently for 10 minutes; put in the figs and simmer for 1 hour; arrange in a circle on a dish and pour the syrup over when cold. Serve whipped cream in the centre.

SULTANA PUDDING.No. 299.

6 oz. breadcrumbs.
2 oz. suet.
3 eggs.

4 oz. sultanas.
2 oz. sugar.
3 gills milk.

Chop the suet fine; beat the eggs and milk and mix all the ingredients together; bake in a Yorkshire tin well greased for 1 hour; cut into squares and dust with sugar; serve with custard sauce (No. 114).

SEMOLINA PUDDING.No. 300.

2 oz. coarse semolina.
1 pint milk.
2 oz. sugar.

2 eggs.
Vanilla or lemon.

Boil the milk; shake in the semolina and stir over a

slow fire until soft and thick ; take off the fire ; stir in the sugar, flavouring and yolks of eggs ; whisk the whites ; stir in lightly ; bake in a greased pie dish 20 minutes.

SNOWDON PUDDING.No. 301.

| | |
|--------------------------|--------------------------|
| 2 oz. raisins. | 1 oz. ground rice. |
| 5 oz. breadcrumbs. | 2 tablespoons marmalade. |
| 2 oz. suet. | 2 eggs. |
| $\frac{1}{2}$ gill milk. | 2 oz. sugar. |

Cut the raisins open like a book ; press the cut sides on to a greased tin forming some pretty design ; chop the suet fine with the breadcrumbs ; beat the eggs and mix all the ingredients well together ; pour carefully into the prepared tin, cover with a greased paper and steam 2 hours. Serve with hot marmalade poured round.

STEAMED BATTER.No. 302.

| | |
|----------------------|----------------------------|
| 4 oz. flour. | 2 eggs. |
| A pinch of salt. | $1\frac{1}{2}$ gills milk. |
| Jam sauce (No. 128). | |

Put the flour into a basin with the salt ; stir in the eggs beaten and the milk ; beat for 5 or 6 minutes ; stand by for an hour ; pour into a greased basin, leaving a quarter of an inch in the basin for rising ; cover with a greased paper and steam very slowly for 1 hour ; turn out carefully and pour round jam sauce.

TAMWORTH PUDDING.No. 303.

| | |
|---|-------------------------|
| $\frac{1}{2}$ lb. flaky pastry (No. 237). | 1 small jar lemon curd. |
|---|-------------------------|

Make the pastry with 4 oz. of lard instead of 3 oz., as

it should be rather rich for this pudding; roll it out very thin; place a layer of it at the bottom of a Yorkshire tin and spread thinly with the curd, and so on, using up all the pastry; bake in a good oven for quite $1\frac{1}{4}$ hours or a little longer; cut into squares and dust with sugar. Serve hot.

VERMICELLI PUDDING.

No. 304.

| | |
|----------------------------|--------------------------|
| 1 breakfastcup vermicelli. | 2 oz. sugar. |
| 2 tablespoons marmalade. | $\frac{1}{2}$ pint milk. |
| 4 oz. stoned raisins. | Salt. |
| 2 eggs. | |

Boil the milk and pour it over the vermicelli; let it remain soaking for 10 minutes; beat the eggs and stir all the ingredients in; pour into a well-greased pie dish and bake 40 minutes or steam $1\frac{1}{2}$ hours.

VICTORIA PUDDING.

No. 305.

| | |
|---------------------------------------|-----------------------|
| $\frac{1}{2}$ a sixpenny spongecake. | 2 oz. ground almonds. |
| 1 gill milk. | 2 eggs. |
| 1 gill cream. | Apricot jam. |
| $\frac{1}{2}$ pint custard (No. 114). | 6 sweet almonds. |
| 2 oz. sugar. | |

Boil the milk and cream; cut the cake into slices; put them in a basin, pour over the boiling milk, cover the basin and soak the cake for 10 minutes; beat in the almonds, eggs, sugar and a pinch of cinnamon; pour into a plain oval mould, well greased, and steam very slowly; turn out and when cold spread the jam rather thick on the top; pour the custard all over and stick it with shredded almonds.

WAFER PUDDINGS.No. 306.

1½ oz. butter.
2 oz. flour.
2 eggs.

½ pint milk.
Apricot jam.

Put the flour in a mixing basin with a pinch of salt ; make a hole in the middle of it ; melt the butter and pour it in ; beat the eggs very frothy, add the milk to them and stir gradually to the flour ; when half is in beat the mixture for 5 minutes, then stir in the rest ; bake in thoroughly greased large patty pans or saucers in a quick oven for 20 to 30 minutes ; turn out on sugared paper ; put a teaspoon of warm jam on one side and fold over. Serve on a doyley dusted with sugar. Serve hot.

WELSH CHEESE CAKES.No. 307.

6 oz. short crust (No. 240).
2 eggs.
½ teaspoon vanilla.
½ teaspoon baking powder.

2 oz. butter.
2 oz. castor sugar.
2 oz. flour.
Jam.

Line 8 or 10 greased patty pans with the pastry rolled out rather thin ; place half a teaspoon of jam at the bottom of each, cream, the butter and sugar ; beat in the eggs, lastly the flour, vanilla and baking powder ; cover the jam over with a teaspoon of this mixture ; bake 20 to 30 minutes ; dust with sugar.

BREAD, CAKES AND BISCUITS.

APPLE CAKE.

No. 308.

$\frac{3}{4}$ lb. flour.
 $\frac{1}{2}$ oz. yeast.
 $1\frac{1}{2}$ gills milk.
 A little nutmeg.
 1 oz. butter.

1 egg.
 2 oz. sugar.
 1 lb. apples.
 2 oz. currants.

Work the sugar and yeast with a wooden spoon until it forms a syrup; dissolve the butter, add the milk and make it lukewarm; beat the egg and add it to the milk; stir this to the yeast; put the flour and sugar into a mixing basin with a good pinch of salt; stir the yeast, etc., to it and beat to a smooth dough; put in a warm place to rise for $1\frac{1}{2}$ hours covered with a cloth; work it up smooth on a floured board and roll it out into a round about 1 inch thick; place on a well-greased baking sheet; peel, core and quarter the apples and cut them once again; arrange them all over the cake; clean and sprinkle the currants over them; sprinkle well with granulated sugar and dust with nutmeg; rise for half an hour, then bake for about 40 minutes; cut in quarters. This cake is also delicious done with large blue plums cut in half and the stones taken out.

BUTTERMILK CAKE.No. 309.

| | |
|----------------------------|---------------------------------|
| 7 lbs. flour. | 7 lb. currants. |
| 2 oz. carbonate of soda. | $\frac{1}{2}$ oz. ground spice. |
| $1\frac{3}{4}$ lb. butter. | 1 lb. candied peel. |
| $1\frac{3}{4}$ lb. sugar. | |

Rub the butter into the flour very thoroughly; clean the currants (No. 426), cut the peel (No. 427); mix all the dry ingredients together; use sufficient butter milk to bind well together; bake at once for 3 to 4 hours.

BUN LOAF.No. 310.

| | |
|--------------------|----------------------------|
| 3 lb. flour. | $\frac{1}{2}$ lb. raisins. |
| 1 lb. moist sugar. | $\frac{1}{2}$ lb. lard. |
| 4 eggs. | A little spice. |
| 1 oz. yeast. | Water. |
| 1 lb. currants. | |

Rub the lard into the flour; cream the yeast with a teaspoon of sugar; add one pint of lukewarm water to it; make a well in the middle of the flour; pour in the yeast; mix with a little of the flour; cover the basin and rise for about three-quarters of an hour; beat the eggs; put them in with the fruit, sugar and spice and knead all into a smooth dough with the hand, taking a little more water if necessary; rise again for 2 hours; bake in large square tins about 1 to $1\frac{1}{2}$ hours. This loaf improves with keeping.

BREAD AND BUTTER CAKE.No. 311.

| | |
|----------------------------------|------------------------------|
| 1 lb. flour. | 2 oz. butter. |
| 4 oz. castor sugar. | 2 eggs. |
| 2 small teaspoons baking powder. | A little milk. |
| | $\frac{1}{4}$ teaspoon salt. |

Rub the butter well into the flour; add the sugar, salt

and baking powder ; beat the eggs and form a stiff paste with them, using a little milk if required ; bake in a "tin loaf" shape tin, greased and floured, for about 40 minutes a good colour and a nice crust ; cut in thin slices and butter.

BREAKFAST ROLLS.No. 312.

| | |
|---------------------------------|-------------------|
| 1 lb. flour. | 1 teaspoon salt. |
| $\frac{1}{2}$ oz. German yeast. | 1 teaspoon sugar. |
| $\frac{1}{2}$ pint tepid water. | 2 oz. butter. |

Cream the yeast and sugar and add to it the lukewarm water ; rub the butter into the flour thoroughly ; add the salt and mix into a stiff dough with the water ; knead well ; form into a long roll under the hands on the floured board ; cut off into 3-inch rolls ; rise on a floured baking tin for an hour ; bake in a quick oven for 15 to 20 minutes ; when done rasp the outsides. Serve hot.

BROWN BREAD.No. 313.

| | |
|--------------------------|---------------------------------|
| 1 lb. wheatmeal. | $\frac{3}{4}$ pint tepid water. |
| $\frac{1}{2}$ oz. yeast. | 1 teaspoon salt. |
| 1 teaspoon sugar. | |

Put the wheatmeal into a basin with the salt ; cream the yeast and sugar ; mix them with the water and stir it into the flour ; knead smooth ; rise the dough for 1 hour ; cut off into small pieces ; press into square tins greased and floured ; bake in a good oven for 40 minutes.

BUNS.No. 314.

| | |
|--------------------------|----------------------------|
| 3 gills water. | 1 $\frac{3}{4}$ lb. flour. |
| 1 oz. yeast. | 3 oz. lard. |
| 1 teaspoon castor sugar. | 4 oz. currants. |
| 4 oz. moist sugar. | |

Cream the castor sugar and yeast and add to it the water lukewarm ; stir this into half a pound of the flour and rise the batter for about an hour ; rub the lard into the other flour, then beat it and the other ingredients with the hands into the dough ; rise again for 2 hours ; make up into small round buns ; place them on a greased tin ; rise for 15 minutes and bake in a quick oven for 15 to 20 minutes. Just before removing them from the oven brush them with milk and sugar to glaze them (equal quantities of each).

BRANDY SNAPS.No. 315.

Mix equal quantities butter, sugar and treacle warmed, with always $\frac{1}{2}$ oz. less of flour and a little ground ginger ; place this mixture in small heaps, rather far apart, on a well-greased baking-tin ; bake in a moderate oven for a few minutes until they are brown and bubbling all over ; stamp out into rounds with a pastry cutter, and when nearly set remove them quickly from the tin, and roll them over a thick wooden spoon or rolling-pin until they are cold and crisp.

BUTTER ICING.No. 316.

$\frac{1}{2}$ lb. icing sugar.
1 tablespoon coffee.

3 oz. fresh butter.

Sieve the sugar through a hair sieve ; cream it until quite smooth and soft with the butter, adding the coffee cold by degrees until the required colour and flavour is reached. The icing is then ready for spreading on a cake, and should be kept in a cool place.

CHOCOLATE CAKE.No. 317

| | |
|---------------------|---------------------------------------|
| 2 oz. butter. | 2 oz. grated chocolate. |
| 2 oz. castor sugar. | 2 oz. flour. |
| 2 eggs. | $\frac{1}{2}$ teaspoon baking powder. |

Cream the butter and sugar ; beat in the eggs one at a time, then the chocolate, flour and baking powder ; pour into a small Yorkshire pudding tin, greased and lined with greased paper ; spread it flat and bake in a moderate oven 10 to 15 minutes ; turn out on a sugared paper ; spread the underneath side thinly with apricot jam ; sprinkle with cocoanut and cut into fingers.

CHOCOLATE SANDWICH CAKE.No. 318.

| | |
|---|--------------------|
| 2 eggs. | 3 oz. butter. |
| 3 oz. castor sugar. | 4 oz. flour. |
| $\frac{1}{2}$ teaspoon baking powder. . | 1 oz. ground rice. |
| 1 tablespoon milk. | |

Separate the whites and yolks of the eggs ; beat yolks and sugar ; melt the butter and stir in alternately with the flour, ground rice and baking powder, lastly the whites whisked stiffly and milk ; bake in a shallow round tin 20 to 30 minutes ; when cold cut through and spread with chocolate icing ; join again and ice over the top (No. 328).

COCOANUT FINGERS.No. 319.

| | |
|---------------|---------------------------------------|
| 2 oz. butter. | 2 oz. cocoanut. |
| 2 oz. sugar. | 2 oz. flour. |
| 2 eggs. | $\frac{1}{2}$ teaspoon baking powder. |

Cream, butter and sugar well together ; beat in the

eggs one at a time and stir the flour, cocoanut and baking powder in lastly, bake in a Yorkshire tin, lined with greased paper, for 10 to 15 minutes ; turn upside down to cool ; pour over a white glacé icing (No. 336) ; when set, cut into shapes and decorate.

CHERRY CAKE.No. 320.

5 oz. flour.

2 oz. cherries.

4 oz. sugar.

2 eggs.

1 tablespoon milk.

1 oz. Paisley flour.

3 oz. butter.

Cream butter and sugar well together ; beat in the eggs ; add the flours by degrees, stirring lightly, and lastly add the milk and cherries cut in quarters ; bake about 40 minutes in a moderate oven in a greased and lined cake tin.

CUDDESTON CAKE.No. 321.

6 oz. butter.

2 oz. golden syrup.

6 oz. moist sugar.

3 eggs.

1 lb. currants.

1 gill warm milk.

4 oz. candied peel.

 $\frac{3}{4}$ lb. flour. $\frac{1}{2}$ wineglass rum or brandy.

Rub the butter into the flour thoroughly ; clean and dry the currants (No. 426) ; slice the peel thin but large ; mix in all the dry ingredients ; beat the egg and mix in with the syrup and milk ; bake in a greased and lined tin for 2 hours. The brandy or rum should be put in at the last.

COFFEE AND ALMOND FINGERS.No. 322.

| | |
|---------------------------------------|---------------------|
| 3 oz. butter. | 2 eggs. |
| 3 oz. castor sugar. | 4 oz. flour. |
| $\frac{1}{2}$ teaspoon baking powder. | 6 oz. coffee icing. |
| 3 oz. ground almonds. | White 1 egg. |
| 2 oz. castor sugar. | |

Cream the butter and sugar thoroughly; beat in the eggs one at a time; stir in the flour and baking powder lightly; bake in a Yorkshire tin greased and lined with paper for 15 to 20 minutes; turn out to cool; mix the ground almonds and 2 oz. sugar to a stiff paste with enough beaten white of egg and knead smooth with the hand, adding a few drops of green colouring to make a pretty centre for the cake; roll out thin on a board the same size as the cake; split the cake open and lay on the almond; press the cake on top again and ice it over with coffee glacé icing; cut into fancy shapes and decorate with a little chopped pistachio nut and cherries.

COCOANUT MACAROONS.No. 323.

| | |
|-----------------|----------------------------|
| 5 oz. cocoanut. | 2 $\frac{1}{2}$ oz. sugar. |
| White of egg. | Rice paper. |

Put the sugar into a basin with the cocoanut and mix them; use sufficient beaten white of egg to bind stiffly, kneading the mixture with the hand; pile in little pyramid shapes on rice paper; bake on a slow oven 15 to 20 minutes a delicate colour; tear off the rice paper neatly round the edges.

CREAM CAKE.No. 324.

| | |
|-----------------------|----------------------------|
| 3 eggs. | 1 gill cocoanut. |
| 2 gills castor sugar. | 3 gills flour. |
| 1 gill cream. | 2 teaspoons baking powder. |

Beat eggs and sugar (taking away one white) until very thick; add flour and cream by degrees, lastly cocoanut and baking powder; bake in well-greased and floured tins about 15 minutes; spread over with the white of egg whisked and mixed with $1\frac{1}{2}$ oz. castor sugar; sprinkle thickly with cocoanut and set in a very slow oven until crisp, but do not colour the meringue.

These should be baked in rather small shallow tins.

COBURG CAKES.No. 325.

6 oz. flour.
2 oz. castor sugar.
1 tablespoon golden syrup.
3 oz. butter.
2 eggs.

$\frac{1}{2}$ gill milk.
1 teaspoon carbonate of soda.
1 teaspoon ground ginger.
1 teaspoon cinnamon.

Cream butter and sugar; beat in the eggs, one at a time, and the syrup, spices and flour, lastly the soda and milk mixed; grease some queen-cake tins; place a blanched almond at the bottom of each and half fill the tins with the mixture; bake in a moderate oven for 30 minutes; turn out and dust with icing sugar.

CORNFLOUR CAKES.No. 326.

2 oz. butter.
2 oz. sugar.
2 eggs.
1 tablespoon milk.

2 oz. cornflour.
2 oz. flour.
 $\frac{1}{2}$ teaspoon baking powder.
A few cherries.

Cream the butter and sugar until soft and white; beat the eggs and stir them in; add the flours, baking powder and milk by degrees; half fill fancy tins greased and floured; place a half cherry on top of each and bake for 10 minutes.

CINNAMON CAKES.No. 327.

6 oz. flour.
2½ oz. butter.
Beaten egg.
A pinch of salt.
Raspberry jam.

2 oz. sweet almonds.
2 whites of eggs.
3 oz. castor sugar.
½ teaspoon cinnamon.

Rub the butter well into the flour and mix into a stiff paste with beaten egg; work smooth and roll out an eighth of an inch thick; cut into small oblong pieces; spread with raspberry jam; blanch and chop the almonds and sprinkle them over the jam; whisk the whites stiffly with a pinch of salt; stir to them the sugar and cinnamon; spread this neatly and not too thick over the pastry; dust well with sugar and bake in a slow oven for 1 hour. They should be thoroughly crisp all through.

CHOCOLATE ICING.No. 328.

6 oz. icing sugar.
¾ gill water.

2 oz. chocolate.

Cadbury's Mexican chocolate is a good one for this icing. Grate it and boil in the water gently until smooth and shiny; take off the fire and stir in the icing sugar by degrees, having first sieved it through a hair sieve. A little more water must be used if necessary. The icing should be sufficiently thick to coat the spoon with.

DUNDEE CAKE.No. 329.

3 oz. butter.
3 oz. sugar.
2 eggs.
4 oz. currants.
2 oz. candied peel.
A little nutmeg.

5 oz. flour.
½ teaspoon baking powder.
2 tablespoons golden syrup.
White of 1 egg.
Carraway comfits.

Cream the butter and sugar well together ; beat in the eggs one at a time ; stir in the syrup and nutmeg, the flour by degrees and, lastly, the fruit and baking powder ; bake about $1\frac{1}{2}$ hours ; spread the top with the white of egg beaten and mixed with 1 oz. castor sugar ; when it is nearly cooked and baked quite crisp, make a design with the comfits on the top of the cake and dust with icing sugar.

DOUGH NUTS.No. 330.

| | |
|----------------------------------|----------------------------|
| $\frac{3}{4}$ lb. flour. | $1\frac{1}{2}$ oz. butter. |
| 3 oz. currants. | 1 egg. |
| 2 oz. sugar. | $1\frac{1}{2}$ gills milk. |
| $\frac{1}{4}$ teaspoon cinnamon. | $\frac{1}{2}$ oz. yeast. |

Cream the yeast with one teaspoon of sugar ; dissolve the butter, add to it the milk and make lukewarm ; beat the egg and stir it in ; put the flour, sugar, spice, a little salt and the currants cleaned into a basin and mix into a smooth dough with the milk, etc. ; beat well and prove for $1\frac{1}{2}$ to 2 hours very light ; take up the dough, knead it smooth and make into very small balls ; drop into smoking hot fat ; fry them 5 minutes ; drain on paper and dust well with castor sugar.

ENDSLEIGH BISCUITS.No. 331.

| | |
|---------------------------------------|--------------------|
| 2 oz. butter. | 2 oz. flour. |
| 2 oz. castor sugar. | 2 oz. ground rice. |
| $\frac{1}{4}$ teaspoon baking powder. | 1 small egg. |

Rub the butter into flour and ground rice ; add sugar, baking powder ; beat the egg and use enough of it to

form a stiff paste; roll out a quarter of an inch thick and bake a golden colour 15 to 20 minutes. They may be flavoured if liked.

GINGER CAKES.No. 332.

| | |
|---------------------------------------|----------------------------|
| $\frac{1}{2}$ lb. flour. | 2 eggs. |
| 3 oz. butter. | 3 oz. sugar. |
| $\frac{1}{2}$ teaspoon baking powder. | 2 oz. crystallised ginger. |
| 1 oz. loaf sugar. | 1 teaspoon ground ginger. |

Rub the butter into the flour thoroughly with the tips of the fingers; mix in the castor sugar, ginger (the crystallised being cut into dice), baking powder; mix with the eggs beaten (a little milk may be used if necessary); crush the lump sugar and sprinkle on the top; bake in a greased and lined tin 40 minutes.

GINGER ROCK CAKES.No. 333.

| | |
|---------------|---------------------------------------|
| 6 oz. flour. | 1 oz. crystallised ginger. |
| 2 oz. butter. | $\frac{1}{2}$ teaspoon ground ginger. |
| 2 oz. sugar. | $\frac{1}{2}$ teaspoon baking powder. |
| 1 egg. | |

Rub the butter into the flour; add ginger cut up, sugar, baking powder, ground ginger and a pinch of salt; beat the egg and bind the mixture into a stiff paste; place in little rough heaps on a greased baking sheet; bake 10 to 15 minutes; dust with sugar.

GINGERBREAD NUTS.No. 334.

| | |
|------------------------------|----------------------------------|
| $\frac{3}{4}$ lb. flour. | 3 oz. butter. |
| 8 oz. moist sugar. | $\frac{1}{2}$ oz. ground ginger. |
| $\frac{1}{2}$ gill water. | 2 oz. golden syrup. |
| 1 teaspoon essence of lemon. | |

Rub the butter into the flour; mix in all the ingredients;

knead into a stiff paste ; roll out a quarter of an inch thick ; cut into rounds ; put them on a greased tin ; bake in a moderate oven. This mixture is improved for standing by some time before cutting and baking.

GINGERBREAD CAKE.No. 335. $\frac{3}{4}$ lb. flour.

1 teaspoon ground ginger.

 $\frac{1}{2}$ teaspoon carbonate of soda.

2 eggs.

4 oz. lard or butter.

4 oz. brown sugar.

6 oz. golden syrup.

1 gill milk.

Put the flour, soda, ginger and a pinch of salt into a basin ; dissolve slowly the sugar, syrup and fat ; stir till cool, pour to the flour, with the eggs beaten and the milk ; beat well together ; pour into a well-greased Yorkshire tin and bake in a moderate oven for three-quarters of an hour ; dust with icing sugar and cut into squares.

GLACÉ ICING.No. 336. $\frac{1}{2}$ lb. icing sugar.

Flavouring.

Water.

Colouring.

Pass the sugar through a hair sieve ; put it into a saucepan and add any flavouring or drops of colouring as may be desired ; stir in enough boiling water to form a thick creamy consistency, thick enough to coat a spoon ; pour over cakes or pastry and spread even with a knife dipped in hot water.

HOUSEHOLD BREAD.No. 337.3 $\frac{1}{2}$ lbs. flour. $\frac{3}{4}$ oz. yeast.1 $\frac{1}{2}$ pints of tepid water. $\frac{1}{2}$ oz. salt.

1 teaspoon sugar.

Put the flour and salt into a basin ; make a well in the

middle of it; dissolve the yeast and sugar and mix with the water; pour this to the middle of the flour and work in enough flour from the sides with a spoon to form a thin batter; set this sponge to rise for half an hour; take up the dough and knead into a smooth piece, using a little more water if necessary (the dough must not be too stiff or the bread will be close and crumbly); rise again near the fire, covered with a cloth, for about 2 hours, when turn out on a floured board and knead it perfectly smooth; make up into loaves and bake.

A good hot oven is required at first and a cooler heat after to soak the loaves. If made into 2 loaves, bake about $1\frac{1}{4}$ hours. Turn upside down and keep in the kitchen until cold.

MARMALADE CAKE.

No. 338.

| | |
|--------------------------|---------------------------------------|
| $\frac{1}{2}$ lb. flour. | 3 oz. butter. |
| 1 tablespoon marmalade. | 3 oz. sugar. |
| 2 eggs. | $\frac{1}{2}$ gill milk. |
| Salt. | $\frac{1}{2}$ teaspoon baking powder. |

Rub the butter into the flour; add sugar, salt and baking powder; beat the eggs lightly and mix with the milk; stir into the cake gently with the marmalade; bake in a lined and greased tin 40 minutes; dust with icing sugar.

MADEIRA CAKE.

No. 339.

| | |
|----------------------------------|---------------------------------------|
| $2\frac{1}{2}$ oz. butter. | 2 eggs. |
| $2\frac{1}{2}$ oz. castor sugar. | 4 oz. flour. |
| A strip of citron. | $\frac{1}{2}$ teaspoon baking powder. |

Melt the butter, stir it back to a cream; add the eggs beaten and beat well together; stir in the flour very

lightly and add the baking powder last ; pour into a lined and greased tin ; bake in a moderate oven for 40 minutes. When half cooked put the strip of citron on the top of the cake.

MACAROONS.No. 340.

2 oz. sweet almonds.
2 whites of egg.

6 oz. loaf sugar.
Rice paper.

Blanch, skin and dry the almonds ; pound them in a mortar until quite fine, and pass them through a wire sieve ; whisk the whites very stiff and add them to the almonds, forming a softish paste. Lay the mixture out on rice paper in small heaps ; place 2 or 3 strips of almond across the top ; dust with castor sugar and bake them in a cool oven to a pale yellow. They are done when firm through. Allow them to cool on the tin, and break the paper neatly away round the edges.

MILK BREAD.No. 341.

1 lb. flour.
1 teaspoon salt.

Milk.
2 teaspoons baking powder.

Mix the flour, salt and baking powder together and mix in enough milk with the hands to bind into a stiff paste, just a little less stiff than for short pastry ; work up into a smooth ball quickly ; put on a greased baking-tin ; cut the top of the loaf into a set of crossbars ; brush over with beaten egg ; bake in a quick oven for 20 minutes.

MILK CAKES.No. 342.

6 oz. flour.
1½ oz. butter.
Milk.

1 teaspoon baking powder.
A little salt.
½ oz. castor sugar.

Rub the butter into the flour very thoroughly ; add

the salt, sugar and baking powder; mix into a stiff paste with milk; work up smooth; roll out half an inch thick on a floured board; cut into small rounds with a fluted cutter; brush over with beaten egg; bake on a greased tin for 10 minutes; split open and butter while hot.

ORANGE CAKES.

No. 343.

2 oz. butter.

2 oz. castor sugar.

1 orange.

3 oz. flour.

2 eggs.

$\frac{1}{2}$ teaspoon baking powder.

6 oz. icing sugar.

Cream the butter and sugar to a soft cream; beat in the eggs one at a time and stir in the flour lightly and by degrees, lastly, add the orange rind grated thinly and the baking powder; pour into a shallow tin greased and lined with paper; bake 10 to 15 minutes; when cool spread over with the icing sugar sieved and stirred quite smooth with some of the orange juice; cut into diamond shapes and decorate with fancifully-cut pieces of orange rind.

OATEN BISCUITS.

No. 344.

4 oz. medium oatmeal.

1 oz. flour.

$\frac{1}{4}$ teaspoon carbonate soda.

2 oz. sugar.

2 oz. lard or butter.

$\frac{3}{4}$ gill milk.

Mix together in a basin the oatmeal, sugar, soda, flour and a pinch of salt; boil the lard and milk; stir it into the flour and knead into a smooth paste; roll out on a floured board to an eighth of an inch thick; cut into rounds and bake on a greased tin 20 to 30 minutes; place on a tin until crisp.

OATEN CAKES.No. 345.

4 tablespoons finest oatmeal.
 $\frac{1}{2}$ oz. lard or dripping.
 $\frac{1}{2}$ teaspoon salt.

A small pinch carbonate of
soda.

Mix the meal, salt and soda together and rub the fat well in; add enough hot water to make rather a soft paste; lift out on to a heap of dry meal; flatten out with the hand and rub in plenty of the meal until the mixture is white looking; brush off the loose meal and roll out very thin (the thinner they are rolled the better they will curl in the cooking); cut into triangular shapes; place them on a greased tin and dry them on top of a cool stove; when they begin to curl finish them in a moderate oven. They should become perfectly dry.

RUSKS.No. 346.

$\frac{1}{2}$ lb. flour.
1 egg.
2 teaspoons baking powder.

1 oz. butter.
 $\frac{1}{2}$ gill milk.
 $\frac{1}{2}$ teaspoon salt.

Mix flour, salt and baking powder together; warm the butter, milk and egg beaten, and mix into a stiff paste with the flour; roll out on a floured board quarter of an inch thick; stamp out with a small fluted cutter; bake in a quick oven a pale colour, then cut them through sideways; turn them upside down on a clean tin and dry until quite crisp in a cool oven.

RICE CAKE.No. 347.

6 oz. butter.
6 oz. flour.
3 eggs.
1 lemon grated.

6 oz. castor sugar.
6 oz. ground rice.
1 teaspoon baking powder.
1 teacup milk.

Just oil the butter and beat it back to a cream with

a wooden spoon ; add the sugar and cream again for 5 minutes ; beat the eggs and stir in by degrees and then stir in the flour, rice, lemon, baking powder and milk ; bake in a moderate oven in a greased and lined tin for about an hour.

RICE CAKES.No. 348.

2 oz. butter.

2 oz. castor sugar.

4 oz. ground rice.

2 oz. flour.

1 egg.

2 tablespoons milk.

 $\frac{1}{2}$ teaspoon baking powder.

Beat the butter and sugar to a soft cream ; whisk the egg and stir it in ; mix together the flour, rice and baking powder ; stir these in by degrees, adding the milk at the last ; grease 12 small patty tins ; dredge them with flour ; place the mixture in the tins high in the middle and bake quickly for 10 to 15 minutes.

RICH PLUM CAKE.No. 349.

1 lb. flour.

 $\frac{1}{2}$ lb. candied peel.

1 lb. raisins.

1 teaspoon cinnamon.

1 teaspoon carbonate of soda.

 $\frac{1}{2}$ lb. butter or lard.

4 oz. castor sugar.

1 lb. currants.

1 oz. almonds.

 $\frac{1}{2}$ pint milk.

2 eggs.

Sift the flour ; rub the fat in thoroughly ; add the fruit (raisins stoned and cut in half, almonds blanched and shredded, peel cut thin and large) ; beat the eggs and add with the soda dissolved in the milk ; bake from 3 to 4 hours in a lined and greased tin. A hot oven at first, and soak the cake in a cool one covered with greased paper.

ROCK CAKES.No. 350.

6 oz. flour.
2 oz. butter.
1 egg.
 $\frac{1}{2}$ teaspoon baking powder.
2 oz. sugar.

3 oz. currants.
1 oz. candied peel.
A little nutmeg.
A good pinch of salt.

Rub the butter into the flour; add the dry materials; beat the egg and bind the mixture into a stiff paste; place in small rocky heaps on a greased tin; bake in a quick oven for 15 to 20 minutes; dust with sugar.

SPONGE CAKE.No. 351.

5 eggs.
 $\frac{1}{2}$ lb. castor sugar.

6 oz. flour.
A good pinch of salt.

Whisk the eggs in a large basin until they are light and frothy; add the sugar and beat over a pan of hot steam until the mixture is warm; then off the steam until thick and white; dry and sift the flour, stir it in very lightly and pour into a prepared cake tin; bake in a moderate oven on a trivet to prevent the bottom of the cake from burning for about 1 hour. For the tin clarify 1 oz. butter (No. 416); stir into it $\frac{1}{4}$ oz. flour; grease the tin thickly with this and dust it well with castor sugar. This will give the cake a nice white casing.

SEED CAKE.No. 352.

$\frac{1}{2}$ lb. flour.
3 oz. butter.
3 oz. sugar.
 $\frac{1}{2}$ gill milk.

1 teaspoon carraway seeds.
 $\frac{1}{2}$ teaspoon baking powder.
2 eggs.

Rub the butter well into the flour; add the seeds,

sugar, baking powder and a pinch of salt ; whisk the eggs and add to the milk ; stir into the flour, but do not beat ; pour into a greased tin and bake about 40 minutes (a hot oven for the first 15 minutes and cooler one after).

SULTANA CAKE.No. 353.

| | |
|---------------------------------|-----------------------------|
| 1 lb. flour. | $\frac{1}{2}$ lb. sultanas. |
| 6 oz. butter, lard or dripping. | 3 oz. candied peel. |
| 1 teaspoon baking powder. | A little nutmeg. |
| $1\frac{1}{2}$ gills milk. | 2 eggs. |
| 6 oz. sugar. | |

Rub the fat into the flour very thoroughly ; wash and dry the sultanas ; cut the peel thin ; add all the dry ingredients ; beat the eggs and mix with the milk ; stir in lightly ; pour into a greased tin and bake about $1\frac{1}{4}$ hours.

SWISS ROLL.No. 354.

| | |
|---------------------|--------------|
| 3 eggs. | 3 oz. flour. |
| 4 oz. castor sugar. | Jam. |

Whisk the eggs in a large basin to a light froth ; add the sugar and beat over steam until the mixture is thick and nearly white ; take off the fire and beat until nearly cold ; stir in the flour as lightly as possible ; grease a Swiss roll tin and line it with greased paper, allowing the paper to come 2 inches above the edges to preserve the colour of the cake ; pour in the mixture, spread it even and bake in a good oven from 5 to 7 minutes (not longer, or it will crack in the rolling) ; turn out on a sugared paper ; spread over thinly and quickly with warm jam ; roll up and dust well with sugar.

SIMNEL CAKE.No. 355.

| | |
|-------------------------------------|---------------------------------------|
| 8 oz. butter. | 12 oz. currants. |
| 12 oz. flour. | 1 lb. castor sugar. |
| 5 eggs. | 4 oz. candied peel. |
| $\frac{1}{2}$ teaspoon mixed spice. | $\frac{1}{2}$ teaspoon baking powder. |
| 1 lb. ground almonds. | Juice of half a lemon. |

First make an almond paste; mix together in a basin half the sugar and the almonds; melt 2 oz. of the butter; separate the whites of 2 of the eggs, and whisk them stiff; add these with the yolks to the almonds and work into a paste; roll out; cream the butter and sugar, add the spice and beat in the eggs one at a time; stir in the flour by degrees and, lastly, the fruit and baking powder; grease a square tin, line it with greased paper; put in half the cake mixture and spread over half the almond paste, then the other half of the cake; bake in a good oven about 2 to 3 hours; when the cake is about three parts cooked arrange the other half of the almond paste in a roll round the top of it and finish baking slowly; decorate in the centre with comfits or fruits and dust with icing sugar.

SPONGE PARKIN.No. 356.

| | |
|--|----------------------------|
| $1\frac{1}{2}$ lb. flour. | 6 oz. sugar. |
| 1 lb. treacle. | 2 teaspoons baking powder. |
| 3 teaspoons ground ginger. | 5 oz. lard or dripping. |
| $\frac{1}{2}$ teaspoon carbonate soda. | 1 gill warm milk. |

Rub the fat well into the flour; add sugar, ginger and baking powder; warm the treacle; mix it with the milk and soda and stir all well together; bake in a moderate oven 1 to $1\frac{1}{2}$ hours; dust with icing sugar.

SCOTCH PARKIN.No. 357.

| | |
|--------------------------------|---------------------------------|
| 4 tablespoons flour. | 2 tablespoons golden syrup. |
| 4 tablespoons medium oat-meal. | 2 tablespoons soft brown sugar. |
| 1½ oz. lard. | 1 teaspoon carbonate of soda. |
| ½ teaspoon mixed spice. | ½ teaspoon powdered ammonia. |

Mix all the dry ingredients, then work in the syrup; knead well into a paste; roll out a quarter inch thick; cut into rounds; bake in a slow oven 15 to 20 minutes. A few shredded almonds placed on the top before baking are an improvement.

SCONES.No. 358.

| | |
|-------------------------------|-----------------|
| 6 oz. flour. | 1 oz. sugar. |
| ½ teaspoon cream of tartar. | 2 oz. sultanas. |
| ¼ teaspoon carbonate of soda. | Milk. |
| 1½ oz. lard or butter. | |

Rub the butter into the flour; add the sugar, carbonate of soda, cream of tartar and sultanas washed and dried; mix into a stiff paste with cold milk; roll out on a floured board into rounds half an inch thick, dividing the mixture into two; cut across with a knife; bake on a greased tin 15 to 20 minutes; dissolve 1 teaspoon of sugar in one of milk; brush the scones over and dry the glaze in the oven for 1 minute.

STUFFED COCOANUT CAKE.No. 359.

| | |
|---------------------------|-----------------|
| 3 oz. butter. | 2 eggs. |
| 4 oz. castor sugar. | 4 oz. cocoanut. |
| ½ teaspoon baking powder. | 5 oz. flour. |

Cream the butter and sugar well together; beat in the

eggs one at a time and stir in the flour, cocoanut and baking powder; bake in two shallow tins greased and floured for about 10 to 15 minutes; stick together with 1 oz. butter melted; cook in it $\frac{1}{2}$ oz. flour; add one gill of milk and boil to a thick sauce; add one teaspoon sugar and 2 oz. cocoanut; ice the cake over with white or pink glacé icing (No. 336).

SHORTBREAD.No. 360.

3 oz. flour.
2 $\frac{1}{2}$ oz. butter.
Citron.

1 oz. ground rice.
1 $\frac{1}{2}$ oz. castor sugar.

Rub the butter, rice, sugar and flour well together, then with the hand knead into a smooth paste without any cracks; roll out carefully on a floured board a quarter inch thick; cut into oblong shapes 3 inches long; bake on a greased tin, placing a thin diamond-shaped piece of citron on each, in a slow oven 15 to 20 minutes; allow the cakes to set and cool on the tin; dust with castor sugar.

SNOW CAKE.No. 361.

$\frac{1}{2}$ lb. arrowroot.
4 oz. castor sugar.
Vanilla essence.

4 oz. fresh white butter.
4 whites of egg.

Cream the butter and sugar until soft and white; sieve the arrowroot and stir in by degrees; whisk the eggs stiffly and add also by degrees; beat all for 15 minutes; bake in a shallow tin, greased and lined in a moderate oven about 40 minutes.

TEA BUNS.No. 362.

8 oz. flour.
 3 oz. sugar.
 4 oz. sultanas.
 2 oz. candied peel.
 3 oz. butter.

$\frac{1}{2}$ teaspoon baking powder.
 1 oz. loaf sugar.
 $\frac{1}{2}$ gill milk.
 2 eggs.

Rub the butter well into the flour; add the sultanas washed and picked, the sugar, peel sliced and baking powder; beat the eggs; mix them with the milk and stir to the dry ingredients; place a dessertspoon of the mixture in a small greased patty pan; break up the lump sugar and put some pieces on the top of each bun; bake 15 to 20 minutes.

VICTORIA CAKES.No. 363.

2 oz. butter.
 2 oz. castor sugar.
 2 eggs.
 Raspberry jam.

3 oz. flour.
 $\frac{1}{2}$ teaspoon baking powder.
 Cochineal.
 6 oz. pink glacé icing (No. 336).

Cream the butter and sugar; beat in the eggs one at a time; stir in the flour and baking powder lightly; add enough cochineal to make a pretty pink colour; bake the cake; spread out on a Yorkshire tin, greased and lined with paper, 10 minutes; turn out and when cold split in half sideways, spread thinly with jam, place together again and pour over pink glacé icing, using a hot knife to smooth the cake over with; cut into crescent, oval and diamond shapes and place half a cherry on each.

VIENNA FINGERS.No. 364.

2 oz. butter.
 2 oz. castor sugar.
 3 oz. flour.
 { $1\frac{1}{2}$ oz. sweet almonds.
 { $1\frac{1}{2}$ oz. castor sugar.

2 eggs.
 2 oz. currants.
 $\frac{1}{2}$ teaspoon baking powder.
 White of 1 egg.
 $\frac{1}{2}$ teaspoon vanilla.

Grease and line a small Yorkshire tin with paper; cream the butter and sugar well together; beat in the eggs one at a time; stir in the flour, baking powder, currants washed and vanilla; spread over the tin and bake for 7 to 10 minutes; whisk the white of egg and mix well with the almonds blanched and chopped roughly and sugar; spread this thinly over the cake, dust with sugar and keep in a cool part of the oven until the meringue is crisp and a pale fawn colour; cut the cake into small fingers and dust with sugar.

VANILLA FINGERS.No. 365.

2 oz. butter.
2 oz. sugar.
2 eggs.
6 oz. glacé icing (No. 336).

3 oz. flour.
 $\frac{1}{2}$ teaspoon baking powder.
 $\frac{1}{2}$ teaspoon vanilla.
Angelica.

Cream the butter and sugar well together; add the eggs one at a time; stir in the flour, baking powder and vanilla; spread the mixture on a flat tin, greased and lined; bake a pale colour about 15 minutes; turn out and when the cake is cold ice over with pale yellow glacé, using a few drops of apricot colouring; cut into fingers and decorate with small pieces of thin angelica.

WAFER BISCUITS.No. 366.

$\frac{1}{2}$ lb. flour.
2 oz. butter.

$\frac{1}{2}$ teaspoon salt.
Milk.

Rub the butter very thoroughly into the flour; add the salt and mix into a stiffish paste with milk; work smooth and put the paste on a floured board; beat it all over for quite 10 minutes to make the biscuits full of bubbles; roll out as thin as possible on a floured board, but do not

work in any more flour than is necessary to prevent sticking; cut into large square biscuits; bake in a quick oven a very pale colour.

WHEATMEAL BISCUITS.No. 367.

| | |
|---|---------------------------------|
| 4 oz. wheatmeal. | $\frac{1}{2}$ oz. castor sugar. |
| Salt. | $\frac{1}{2}$ gill milk. |
| $\frac{1}{4}$ teaspoon carbonate of soda. | 1 oz. butter. |

Put the wheatmeal, sugar, salt and soda into a basin and mix into a paste with the butter and milk made hot together; knead smooth, roll out an eighth of an inch thick, cut into rounds, place them on a greased tin and bake 15 to 20 minutes. Prick the biscuits before putting them into the oven.

WHEATMEAL SCONES.No. 368.

| | |
|--------------------------------|----------------|
| $\frac{1}{2}$ lb. wheatmeal. | 1 oz. lard. |
| 2 oz. sugar. | 1 beaten egg. |
| 1 good teaspoon baking powder. | A little milk. |
| 1 oz. butter. | |

Rub the butter and lard well into the meal; add salt, sugar and baking powder; whisk the egg and bind the meal into a stiff paste with it, using a little milk as well if required; work the mixture up smooth, divide into two, roll out on a floured board half an inch thick, cut across with a knife; bake on a greased tin for 20 to 30 minutes.

WATER BISCUITS.No. 369.

| | |
|---------------|-------------|
| 4 oz. flour. | Salt. |
| 1 oz. butter. | Cold water. |

Rub the butter into the flour; add the salt and mix with

enough water to form a stiff paste ; turn on a board, beat well with a rolling pin, roll out very thin, cut into rounds, place in a tin and prick all over ; bake a few minutes in a quick oven a pale colour.

QUEEN CAKES.No. 370.

3 oz. butter.

2 eggs.

3 oz. sugar.

4 oz. flour.

 $\frac{1}{2}$ teaspoon baking powder.

2 oz. currants.

1 oz. candied peel.

Half a grated lemon.

Beat the butter and sugar to a cream ; add the eggs one at a time and stir in the flour lightly, lastly add fruit, lemon and baking powder ; grease 12 queen-cake tins and flour them ; half fill them with the mixture and bake a delicate colour for 20 minutes.

YORKSHIRE TEA CAKES.No. 371. $\frac{3}{4}$ lb. flour. $\frac{3}{4}$ oz. butter. $\frac{1}{2}$ oz. yeast.

1 egg.

 $\frac{1}{2}$ teaspoon salt.

1 gill milk.

1 teaspoon sugar.

Dissolve the yeast with a teaspoon of sugar ; make the butter and milk warm together and stir to the yeast ; put flour and salt in a basin ; add yeast, etc., and the egg beaten ; beat to a light dough ; half fill two small greased cake tins ; allow the dough to rise in them for 1 hour ; bake for half an hour ; brush the top over with sweetened milk ; dry the glaze a minute in the oven and turn out carefully on a sieve to cool.

INVALID COOKERY.

ARROWROOT SOUFFLÉ.No. 372.

$\frac{1}{2}$ pint milk.
1 dessertspoon arrowroot.
 $\frac{1}{2}$ oz. sugar.

A strip of lemon rind.
2 eggs.

Boil the milk, stirring it to prevent it burning, with the lemon; mix the arrowroot to a smooth cream with a little cold milk; pour on the boiling milk, return to the saucepan and boil for 2 minutes; take off the fire and stir in the sugar and yolks of egg; whisk the whites stiff and mix them in lightly; pour into a well-greased pie dish, or into ramequin cases, and bake in a moderate oven for 10 to 15 minutes; dust with sugar and serve hot.

APPLE SNOW.No. 373.

3 apples.
2 oz. loaf sugar.
 $\frac{1}{2}$ gill water.

White of 2 eggs.
1 strip of lemon rind.

Peel, core and quarter the apples; put them in a saucepan with the lemon, water and sugar; stew gently without stirring them until they are quite tender; take out the lemon and pass the apples through a hair sieve; whisk the eggs to a stiff froth and stir in very lightly. Serve at once in a glass dish.

APPLE JELLY.No. 374.

1 lb. apples.

 $\frac{1}{2}$ rind or juice of one lemon.

1 pint water.

4 oz. loaf sugar.

 $\frac{1}{4}$ oz. gelatine.

Peel, core and quarter the apples; stew them gently with the water, lemon juice, sugar and the lemon rind peeled very thin until tender; pass them through a hair sieve; dissolve the gelatine in half a gill of warm water and stir it to the apple; pour into a wetted mould and set. Before turning out the jelly dip the mould into hot water.

APPLE WATER.No. 375.

1 apple.

 $\frac{3}{4}$ pint water.

1 strip lemon rind.

2 or 3 lumps of sugar.

Peel the apple and slice it; put it into a jug with the sugar and lemon; boil the water and pour over; cover the jug and stand by until quite cold; strain.

BEEF-TEA.No. 376. $\frac{1}{2}$ lb. lean shin of beef.

Salt.

 $\frac{1}{2}$ pint water.

Take away all fat and skin from the beef and with a sharp knife scrape it up very fine; put it into a stone jar with a pinch of salt and the water and stand by for half an hour covered; place the jar in a saucepan of cold water, put on the lid and let the water simmer very gently round it. The beef-tea should cook in this way for $1\frac{1}{2}$ to 2 hours, stirring it occasionally; pour off the tea, remove any fat with kitchen paper and add a little more salt if required.

BEEF-TEA PUDDING.No. 377.

$\frac{1}{4}$ pint beef-tea (No. 376).
1 oz. breadcrumbs.

1 egg.
A little salt.

Put the crumbs into a basin ; pour over them the beef-tea and soak it up ; beat the egg and stir in ; add a little salt ; pour into a buttered cup or small basin, cover with greased paper and steam very gently for half an hour ; turn out and pour a little beef-tea round.

BEEF-TEA JELLY.No. 378.

$\frac{1}{2}$ pint beef-tea (No. 376). | $\frac{1}{4}$ oz. gelatine.

Warm the beef-tea, but do not boil it ; put in the gelatine and dissolve very slowly ; stir until nearly cold, when pour into small moulds ; when set dip into hot water and turn out.

BARLEY CREAM.No. 379.

$\frac{1}{2}$ lb. lean veal.
 $\frac{1}{2}$ oz. pearl barley.
 $\frac{1}{2}$ pint water.

Yolk of 1 egg.
Salt.

Take off the fat and skin, and cut the veal into small pieces ; put them into a stewpan with the cold water and a quarter teaspoon of salt ; bring gently to the boil ; take off the fire and skim thoroughly ; blanch the barley (No. 425) and put it with the veal ; stew very gently until the veal and barley are quite tender ; strain out the meat and barley and pound them fine in the mortar ; pass through a wire sieve, using enough of the broth to make a nice creamy consistency ; make the mixture warm in a saucepan and stir in the yolk of egg. Serve with sippets of toast.

BARLEY GRUEL.No. 380.

2 oz. pearl barley.

1 thin strip lemon.

1 quart water.

Sugar to taste.

Blanch the barley (No. 425); put it into a clean saucepan with the lemon and water and stew very gently for about 2 hours, stirring occasionally; when the water is nice and thick strain away the barley, add sugar to taste and milk if liked.

BLACK CURRANT TEA.No. 381.

1 tablespoon black currant jam.

1 pint water.

1 tablespoon lemon juice.

3 lumps sugar.

Stew the jam, sugar and water in a clean enamel saucepan for 10 minutes very slowly; strain and add the lemon juice.

BRAISED SWEETBREAD.No. 382.

1 calf's sweetbread.

 $\frac{1}{2}$ pint stock (No. 2).

1 small carrot.

1 small stick celery.

1 small turnip.

3 white peppercorns.

1 small onion.

1 tablespoon cream or yolk of

 $\frac{1}{2}$ oz. butter.

1 egg.

 $\frac{1}{4}$ oz. flour.

1 teaspoon lemon juice.

1 sprig parsley.

Blanch the sweetbread thus: Wash it and put it in a clean saucepan covered with cold water; bring to the boil and simmer it gently from 3 to 5 minutes, according to its thickness (this will make it firm and white); put it into cold water a minute, then dry it and cut away the fat and gristle; cut the vegetables into thick slices; put them in a saucepan with the parsley, peppercorns and

stock ; bring to the boil ; lay the sweetbread on top and cover with a piece of kitchen paper ; simmer gently for about three-quarters of an hour ; take up the bread ; strain the stock ; melt the butter ; cook the flour in it ; stir in the stock and boil up ; take off the fire ; add the cream and lemon juice ; pour over the sweetbread and serve with sippets of dry toast.

BRAISED PIGEON.No. 383.

1 small pigeon.
1 teaspoon cornflour.
1 teaspoon sherry.
1 sprig parsley.

3 peppercorns.
 $\frac{1}{2}$ pint stock or water.
A small piece each of carrot,
turnip and onion.

This is best done by boning the pigeon for an invalid. Begin at the neck end and carefully scrape off all the meat, working round the body without breaking the skin ; make into a neat shape and tie in a piece of muslin ; cut up the vegetables ; lay them in a saucepan with the bones, stock, parsley and peppercorns ; bring to the boil ; place the pigeon on top ; cover with a piece of paper and simmer gently for about 40 minutes ; strain the stock ; stir the cornflour smooth with a little cold stock ; mix it with the braising stock and boil up ; season, add the sherry and pour over the pigeon. Serve with a little boiled rice (No. 422).

CHICKEN BROTH.No. 384.

1 chicken.
1 blade mace.
1 dessertspoon chopped pars-
ley (No. 432).

1 quart water.
1 oz. rice or barley.
1 teaspoon salt.
1 small onion.

Cut off the breast and meat from the wings ; these will do for another dish.

Cut up the rest of the chicken into small joints ; put in a saucepan with the water cold, salt and bring to the boil ; draw off the fire and skim ; slice the onion thin and wash the rice ; put them in with the mace and simmer very gently for 2 hours ; take out all the bones and mace ; put the parsley in the tureen and pour the broth over, or the broth can all be passed through a hair sieve and a little milk added. If there is any chicken fat floating in the broth, remove it with kitchen paper.

CHICKEN QUENELLES.No. 385. $\frac{1}{2}$ lb. chicken. $\frac{1}{2}$ oz. butter. $\frac{1}{2}$ oz. flour. $\frac{1}{2}$ gill milk.

1 whole egg.

1 yolk.

Salt and pepper.

Use the breast and tender parts of chicken ; take off the skin and sinews and pass the meat through a mincing machine ; melt the butter ; cook the flour in it a little ; stir in the milk and boil to a creamy thick sauce ; allow it to cool and then pound it in the mortar with the eggs and chicken ; pass it all through a wire sieve with a wooden spoon ; form in a dessertspoon into quenelles, making them neat with a knife dipped in hot water ; drop them carefully into a greased frying pan ; cover with simmering water and cook gently for 5 or 6 minutes ; drain and serve in a circle with a little plain sauce over.

CHICKEN CREAM.No. 386.

6 oz. tender raw chicken.

 $1\frac{1}{2}$ gills cream.

Salt to taste.

Shred the meat fine and pound it in a mortar ; pass it

through a wire sieve and season with a little salt; whip the cream, not too stiff, and mix it lightly with the chicken; put into a buttered mould; cover with a greased paper and steam very gently for about 20 to 30 minutes; turn out and serve a little plain sauce with it or sippets of dry toast.

CHICKEN MINCE.No. 387.

6 oz. tender raw chicken.
 $\frac{1}{2}$ oz. butter.
 Small blade mace.
 Salt.

$\frac{1}{4}$ oz. flour.
 $1\frac{1}{2}$ gills milk or stock from the
 bones.
 1 yolk of egg.

Scrape or shred the meat very fine, taking away the skin and any sinews; melt the butter; stir the chicken in it for a few minutes until it turns white; add the flour; take off the fire and stir in the stock by degrees; add the salt and mace; stir until it thickens, but do not boil; cook very gently for nearly an hour, or until the meat is quite tender; take off the fire; stir in the egg yolk and a dust of very finely-chopped parsley; take out the mace and serve with sippets of dry toast.

CABINET PUDDINGS.No. 388.

2 penny spongecakes.
 $\frac{1}{2}$ oz. sugar.
 A little grated lemon.

2 eggs.
 $1\frac{1}{2}$ gills milk.
 Jam sauce.

Grease small dariole moulds; cut the cakes into slices and fill the moulds lightly; take away one white and whisk the eggs to a froth; mix with the milk and add the sugar and lemon; fill the little moulds; cover them securely with greased paper and steam them gently about half an hour; turn out and pour round a little jam sauce.

CORNFLOUR GRUEL.No. 389. $\frac{1}{2}$ pint milk.

Sugar to taste.

A pinch of salt.

1 teaspoon cornflour.

1 strip lemon.

Mix the cornflour smooth with a little of the milk; bring the remaining milk to the boil with the strip of lemon; pour to the cornflour, stirring well; return it to the pan and boil for 2 minutes; take out the lemon; add salt and sugar.

EGG JELLIES.No. 390.

1 egg.

1 oz. loaf sugar.

2 sheets gelatine.

1 lemon.

 $\frac{1}{4}$ pint water.

Whisk the egg to a froth; peel the lemon very thinly and squeeze the juice; put all the ingredients together in an enamel pan and stir over a slow fire for 10 minutes, taking care the egg does not curdle; strain and stir in a basin until nearly cold, when pour into small wetted moulds. When set dip them into hot water and turn out. A little whipped cream is nice served with these.

EGG IN A NEST.No. 391.

1 small round of buttered toast.

1 fresh egg.

A little salt.

Put the toast on a baking sheet; separate the white and put the yolk carefully on the centre of the toast without breaking; whisk the white stiffly with a good pinch of salt and pile it lightly all round the yolk; put in a cool oven for 5 minutes just to set the egg; serve at once.

FLORADOR PUDDING.No. 392. $\frac{1}{2}$ pint milk.

1 egg.

 $\frac{1}{2}$ oz. sugar.

1 strip lemon rind.

 $\frac{1}{2}$ oz. medium florador.

Boil the milk ; shake in the florador and stir until it is quite smooth and thick ; take off the fire ; stir in the sugar, lemon and yolk of the egg ; whisk the white to a stiff froth and stir in lightly ; bake in a greased pie dish 10 minutes ; dust with sugar and serve hot or cold.

FILLETS OF SOLE.No. 393.

1 small sole.

1 sprig parsley.

 $\frac{1}{2}$ oz. butter. $\frac{1}{4}$ oz. flour.

1 gill milk.

1 gill water.

Salt.

Take the skins off the sole and fillet it ; season the fillets slightly with salt and sprinkle over them a little lemon juice ; roll or fold them up, putting the side which was nearest the bone outside ; place on a buttered tin, cover with a greased paper and cook in a slow oven for 5 or 6 minutes. In the meantime take off the head, break up the bones and put them to simmer gently with the milk, water and parsley for a few minutes, then strain the stock ; melt the butter, cook the flour in it without browning, take off the fire and stir in the stock a little at a time ; boil up and pour over the fillets on a dish ; garnish with a little chopped parsley.

FISH SOUFFLÉ.No. 394.

1 whiting.

 $\frac{1}{2}$ oz. butter. $\frac{1}{2}$ oz. flour.

A little salt.

 $\frac{3}{4}$ gill milk.

1 whole egg.

1 yolk.

Melt the butter; stir in the flour; add the milk and boil to a thick sauce, stirring it well the whole time; take the flesh from the whiting; pound it in a mortar, with the sauce and egg yolks until quite fine and well mixed; pass it through a wire sieve; whisk the white lightly and mix in; pour the mixture into a greased tin, cover with a buttered paper and steam gently for 20 to 30 minutes; pour over a little light sauce made from the bones as in (No. 393).

LEMONADE.No. 395.

1 juicy lemon.
3 lumps sugar.

1 pint water.

Peel half the lemon off very thin, then remove all the white bitter pith; cut the lemon in thin slices and take out the pips with a spoon; put the slices, sugar and rind into a jug; pour the water over them boiling; cover the jug and stand by until cold, when strain through muslin. Orangeade is made in the same way.

MUTTON BROTH.No. 396.

1 lb. middle neck of mutton.
Salt.
1½ pints water.

1 sprig parsley.
½ oz. rice.

Take away all fat and marrow from the meat and cut it into small joints; put them into a saucepan with the cold water and half a teaspoon of salt; bring gently to the boil; take off the fire and skim away every particle of scum; add the rice and parsley, and even a little onion if allowed, and simmer very gently for 2 hours; take out

the meat and remove all traces of fat. Serve with a little finely-chopped parsley (No. 432) in the cup.

MUTTON TEA.

No. 397.

$\frac{1}{2}$ lb. lean mutton.

Salt.

$\frac{1}{2}$ pint water.

Take away all fat and bone and shred the meat very fine, then proceed as for beef-tea (No. 376).

NOURISHING GRUEL.

No. 398.

$\frac{1}{2}$ pint milk.

1 teaspoon sugar.

1 teaspoon arrowroot.

1 tablespoon sherry or brandy.

1 egg.

Stir the arrowroot to a smooth cream with a little of the cold milk; boil the rest; pour it on; return to the pan and boil for 2 minutes; take off the fire; whisk the egg to a froth and stir it to the gruel, with the sherry or brandy.

NOURISHING FILLIP.

No. 399.

4 whole eggs.

2 lemons.

1 saccharin tabloid.

$1\frac{1}{2}$ pints cold milk.

$\frac{1}{2}$ pint brandy.

Wash the eggs and place them in a basin in their shells, with the lemon juice strained over them; cover and stand by 3 days, turning them each day; when the shell is dissolved, beat the eggs and lemon well together and strain into a jug; add to this the tabloid and spirit; stir well and mix in the milk; bottle and keep for use. Dose:—one wineglass twice a day.

RAW BEEF-TEA.No. 400.

4 oz. lean, juicy beef.
A pinch of salt.

4 tablespoons cold water.

Scrape the beef very fine; put it in a basin with the salt and water; cover over and let it soak about 2 hours, stirring it about once or twice; then press out all the juice from the meat; serve in a coloured glass, or it may be frozen and served in small lumps.

STEAMED CUSTARD.No. 401.

1 egg.
1 teaspoon sugar.

$\frac{1}{4}$ pint milk.
1 thin strip lemon.

Beat the egg light; mix with the sugar and strain it into a buttered cup or basin; put in the lemon; cover with a greased paper; place the cup in a saucepan with enough hot water to come half-way up the outside; steam very slowly until lightly set (about 20 minutes); turn out carefully.

STEAMED SOLE.No. 402.

1 small sole.
Salt.

Lemon juice.
Parsley.

Fillet the sole; season each one with a very little salt and fold them into three, folding the side which was nearest the bone outside; place them on a saucer; sprinkle with a little lemon and salt; cover over and stand the saucer on a basin in a pan half full of simmering water; cook in this way for 5 or 6 minutes; dish; pour the liquor over them; garnish with parsley.

STEWED OYSTERS.No. 403.

1 dozen oysters.
 1 blade mace.
 1½ gills milk.
 Salt.

½ oz. butter.
 ½ oz. flour.
 The oyster liquor.

Beard the oysters and remove the hard muscles ; put the beards, liquor and milk into a saucepan with the mace and a little salt ; simmer gently for 4 or 5 minutes ; strain this stock ; melt the butter ; cook the flour in it a minute or so without browning ; take off the fire and mix in the stock smoothly ; stir to the boil ; when just off the boil put in the oysters whole for about 4 minutes to warm them through. Serve with sippets of dry toast and garnish with parsley.

STEWED RICE.No. 404.

1 pint milk.
 1 strip lemon.

1½ oz. Carolina rice.
 Sugar to taste.

Wash the rice well ; put it into an enamel saucepan and cover it with cold water ; put on the lid and boil carefully until the water has evaporated ; this will partly swell the grain and the rice will not be so apt to stick and burn to the pan ; add the milk and lemon and stew very gently, stirring frequently, until quite tender ; allow plenty of time, perhaps an hour and a half ; add more milk if required ; take out the lemon and sugar to taste ; set in a mould.

STEWED APPLES.No. 405.

6 even-sized apples.
 ½ gill sherry.
 1 strip lemon.
 Cochineal.

2 oz. loaf sugar.
 ½ pint water.
 4 cloves.

Peel the apples thinly and with a corer take out the cores without breaking the apples; put the water, sherry, sugar, lemon, cloves and some cochineal into an enamel saucepan and boil for about 10 or 15 minutes to a nice syrup; put in the apples and strew the rinds over them; cover with the lid and stew gently until the apples are tender, but do not allow them to break; place them in a glass dish, and when the syrup is cold strain it over them. These may be served with a little whipped cream.

SWEET OMELET.No. 406.

2 eggs.

 $\frac{1}{2}$ oz. butter.

2 oz. castor sugar.

1 dessertspoon jam.

Separate the whites from the yolks of the eggs and cream the yolks in a basin with a wooden spoon until they are thick and nearly white; whisk the whites and mix them in very lightly; clarify the butter (No. 416) in a small omelet pan; pour in the mixture and place the pan in a moderate oven for from 5 to 7 minutes; the eggs should take a pale colour, set, and rise up well; turn out on to a sugared paper; place the jam warmed on one side of the omelet; fold the other over; serve at once dusted with sugar.

SPONGECAKE PUDDING.No. 407.

2 penny spongecakes.

2 eggs.

 $\frac{1}{2}$ pint milk.

A little vanilla.

Slice the cakes into thin pieces; place them in a pie dish; whisk the eggs light and mix them with the milk; add vanilla; pour over the cakes and bake 10 to 15 minutes; dust with sugar.

TOAST WATER.No. 408.

1 thick crust of bread.

| 1 pint water.

Toast the crust to a very dark colour without burning it; put it in a jug whole and just cover it with boiling water; cover the jug and stand by for 10 minutes, then pour on the cold water and soak for 2 hours; strain.

VEAL AND SAGO BROTH.No. 409.

1 lb. lean knuckle of veal.

Salt.

1 oz. small sago.

1 yolk of egg.

1½ pints water.

Take away any fat and cut the meat up rather small; put it into a stewpan with half a teaspoon salt and the water; bring to the boil and skim; wash and add the sago and simmer gently about 2 hours; pound the meat and pass it with the broth through a wire sieve; stir in the yolk of the egg and stir over a slow fire until hot enough to serve, but do not boil. Serve with toast.

WINE WHEY.No. 410.

½ pint milk.

½ oz. sugar.

½ wineglass sherry.

Boil the milk; add the sugar and sherry; when it is well curdled strain the milk through muslin. Lemon whey would be made in the same way, using the juice of half a small lemon instead of the wine. It is a less heating drink than the wine whey.

WINE JELLY.No. 411.

| | |
|-----------------------------|------------------------|
| 1½ pints water. | 1 gill lemon juice. |
| 1½ gills sherry. | 4 oz. loaf sugar. |
| ½ gill brandy. | 3 cloves. |
| · Rind of 2 lemons. | ½ inch stick cinnamon. |
| 2 whites and shells of egg. | 1¼ oz. gelatine. |

Whisk the whites of egg to a stiff froth; wash the shells in a little salted water and crush them up; peel the lemons very thin; strain the juice; put all the ingredients except the brandy into a clean saucepan and whisk over the fire until boiling; ease the lid on the pan and keep the jelly by the side of the fire to clear for 15 minutes; strain twice through a scalded linen cloth and add the brandy; mould and set; dip into hot water and turn out; decorate with a little of the jelly chopped.

MISCELLANEOUS RECIPES.

PICKLE FOR MEAT.

No. 412.

2 lb. salt.
1½ oz. saltpetre.

1 oz. brown sugar.
2 gallons water.

Boil all these together for 5 minutes, skimming well ; strain the pickle into an earthenware pan. Meat can be put in as soon as the mixture is quite cold, and should remain in it for 5 or 6 days.

TO CLARIFY FAT.

No. 413.

4 lb. any kind of fat.

| Water.

Different kinds of fat cooked or uncooked, veal, mutton, pork or beef may be clarified down together. Cut the fat into small pieces of one size, cover them in a large stewpan with cold water and boil briskly with the lid off the pan until all the water has boiled away, then boil more slowly and stir occasionally until the pieces frizzle up and fall to the bottom of the pan, leaving the fat clear as oil ; cool a little and strain into a basin for use. When cold it should be a cake of firm, white fat, and is useful for cakes, pastry, frying, etc.

TO CLARIFY DRIPPING.

No. 414.

Take the dripping off the gravy when it is cold ; scrape off it any brown sediment (which can be put into the

stock pot); also take any skimmings from stocks or soups and clarify them together; cut up the dripping, cover it with cold water and boil it well for 15 minutes; strain through muslin into a basin; when cold and set take it off the water, scrape the underneath side of the cake of fat, wipe it on a clean cloth and it is ready for use. Dripping clarified in this way will keep a long time without turning rancid. In very hot weather it should be heated once a week to preserve it.

TO CLARIFY FRYING FAT.

No. 415.

When frying fat becomes too dark a colour by being over-heated, or by being used frequently for a long time, it is a good plan to boil it up occasionally as in the preceding recipe, putting a small piece of soda in as well.

TO CLARIFY BUTTER.

No. 416.

It is more economical to clarify butter in large quantities than an ounce at a time. Put the butter into a saucepan; dissolve it and then allow the water and butter milk to boil slowly away; when the bubbling ceases, skim the butter, allow the sediment to settle at the bottom of the pan, then pour off the clear fat.

TO MAKE GLAZE.

No. 417.

Take one quart of stock (No. 2); clear it from all fat; strain it through muslin and colour it with a few drops of caramel; boil the stock slowly down in a very clean saucepan, skimming away carefully all the skum as it rises; when the stock takes a thick syrupy consistence it is done; pour it into a pot and when quite cold pour over

it a thick layer of clarified dripping to keep it from becoming mouldy. To dissolve it for use, clear off the fat, put the glaze in a small basin and stand the basin in hot water; do not stir the glaze or it will become cloudy.

TO MAKE CARAMEL.

No. 418.

Wet a strong iron saucepan and put into it 6 oz. Demarara sugar; place over a slow fire and burn the sugar to a dark colour, stirring it; allow to cool a little and stir in by degrees 1 gill of water; keep by the side of the fire until the sugar is quite dissolved and the caramel cool enough; bottle for use.

TO MAKE BAKING POWDER.

No. 419.

| | | |
|------------------------|--|-----------------------------|
| 4 oz. cornflour. | | 1½ oz. bicarbonate of soda. |
| 2 oz. cream of tartar. | | |

Put these twice through a wire sieve and then into an airtight tin box for use. Use half a teaspoon to half a pound of flour for pastry cakes, etc.

TO MAKE BROWN BREADCRUMBS.

No. 420.

Cut crusts and scraps of stale bread into small pieces; put them on a baking sheet in a cool oven until they are crisp and a golden colour; crush them fine with a flat iron and pass them through a fine wire sieve or strainer; keep in a jar for use.

TO MAKE WHITE BREADCRUMBS.

No. 421.

Take the crumb only of a stale loaf; pass it through a wire sieve on to a sheet of kitchen paper. If not for

immediate use dry them in a cool oven, but do not discolour them. Keep in a jar for use. They may be used over and over again so long as they are sieved and dried before storing; if they are put away damp they will become mouldy in a day or so.

TO BOIL RICE FOR CURRY.

No. 422.

Use Patna rice; it is not so starchy as the Carolina. Wash it well and soak for an hour or so before cooking, as this will make it a much better colour. Have a large pan of fast boiling water in which there is a teaspoon of salt; throw in the rice; boil for 5 or 7 minutes; strain it and let cold water run through it to free the grains; put it back into the pan, crush a clean cloth down on to it and place it by the side of the fire until the rice is dry, white and quite tender.

TO BOIL MACARONI.

No. 423.

The long or Naples macaroni is the best for ordinary cooking purposes. Throw it into plenty of fast boiling salted water; boil gently and stir at first a few times to prevent its sticking to the pan. It will take an hour to cook it quite tender; some varieties may take longer. Strain and wash it under the cold water tap to make it look clear. Cut up into the desired shapes or lengths.

TO BLANCH ALMONDS.

No. 424.

Have a small saucepan of boiling water on the stove, into which put the almonds for half a minute; strain them and throw them immediately into cold water; skin

them and dry on a cloth. Pistachio kernels are blanched in the same way, only they require a minute in the boiling water.

TO BLANCH BARLEY.

No. 425.

Put the barley into a saucepan; cover it with cold water and give it one good boil up; strain it and rinse with cold water.

TO CLEAN CURRANTS.

No. 426.

Currants should be washed in tepid water to soften the hard skin; the water should not be hot or it will take away some of the sweetness and colour; they may require two or three waters if they are very gritty; drain them and rub them dry on a clean cloth, which should be kept for the purpose, as the juice of the currants stains; if they are to be stored, put them spread out on a tin in the sun or in a cool oven until perfectly dry. Do sultanas in the same way.

TO CUT CANDIED PEEL.

No. 427.

Take away the hard sugar and cut the peel into strips half an inch wide, then with a sharp knife into thin shreds across. In this way it will not bake hard in cakes.

LEMON CURD.*

No. 428.

2 oz. butter.

$\frac{1}{2}$ lb. castor sugar.

2 whites of egg.

2 lemons.

3 yolks,

Melt the butter in an enamel pan; whisk the eggs and sugar well and add them to it, with the rind of the lemons grated and the juice strained; stand the pan

in another one of boiling water; keep the mixture well stirred and boil until of the consistency of honey; cover down in a jar for use.

TOMATO SAUCE FOR WINTER USE.No. 429.

| | |
|--------------------------|----------------------------|
| 5 lb. quite ripe English | 1 oz. salt. |
| tomatoes. | 1 quart best malt vinegar. |
| 1 oz. shalots. | 1 oz. white pepper. |

Stew all together, cutting the tomatoes in half, very gently until done to a soft mash, about 3 hours, and stir frequently; pass through a hair sieve with a wooden spoon; when quite cold add $\frac{1}{2}$ oz. cayenne pepper; fill some bottles and tie down with double preserving paper.

TO MAKE SAUSAGES.No. 430.

| | |
|-----------------------------------|-----------------------|
| 1 lb. lean fresh pork. | 6 ground cloves. |
| $\frac{1}{2}$ lb. fat fresh pork. | 6 ground peppercorns. |
| 1 tablespoon chopped sage. | 4 oz. breadcrumbs. |
| $\frac{1}{2}$ oz. salt. | 1 gill milk. |
| $\frac{1}{2}$ grated nutmeg. | |

Cut up the meat and pass it through the mincing machine twice; boil the milk; pour it over the bread; when it is well soaked squeeze it dry; mix well with the pork and seasonings; stuff into skins, which can be obtained from the butcher ready; twist off into lengths about 4 inches long, or simply form the meat into sausages; egg and crumb them and fry in hot fat.

TO FRY PARSLEY.No. 431.

Choose the parsley fresh and green; pick it off into small sprigs after well washing it; dry it thoroughly in a cloth; put into the frying basket and plunge it into

smoking fat, but not so hot as to turn it brown; shake about for about half a minute or until crisp; drain well on kitchen paper and serve it very hot.

TO CHOP PARSLEY FINE.

No. 432.

Wash the parsley; shake it dry and pick it off close to the stalks; chop it partly on a board; put it into a piece of muslin (which should be kept for the purpose) and wash it well in cold water; squeeze it very dry; put it out on a dry board again and chop it to a fine powder. Parsley prepared in this way requires scarcely any cooking and will not discolour the sauce or soup it is put into, and is pretty for garnishing.

TO SKIN TOMATOES.

No. 433.

Drop the tomatoes into boiling water for half a minute; dry them and skin immediately.

TO MAKE TOFFEE.

No. 434

$\frac{3}{4}$ lb. Demarara sugar.

2 tablespoons milk.

3 oz. butter.

1 teacup golden syrup.

Dissolve the butter in a pan; add the sugar, milk and syrup; boil slowly 30 minutes, stirring the whole time; pour into a greased tin and before it sets too hard mark and cut into squares. Almonds may be sprinkled on the toffee while it is hot.

TO MAKE TOAST.

No. 435.

Have a clear, brisk fire. The bread should be stale and cut not thicker than a quarter of an inch; hold it some little distance from the fire on both sides until the steam has escaped; then colour it a nice brown; cut off the crusts and keep the toast standing up to keep it crisp.

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